

Wind' s (Feng) talk
on Lester Levenson
(The Sedona Method)

Chat Log **3**

2020.11

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2020-11-07 I kept deciding to do something to release myself.

Wind 2020-12-07 10:25:22

If you make releasing things a habit, you'll feel that suppressing them is what you need to work on . (2020-12-07 10:25:42)

Before that, just keep deciding to do the release.

On November 7, 2020, two events that defied the laws of matter occurred when I encountered the sense of separation.

Wind 2020-11-07 17:12:28

The current situation is as follows:

The fear of death will continue to develop if I insist on living the way I used to.

Then I will continue to develop a fear of death; I must identify with every person and every thing.

Bethlehem Star 2020-11-07 17:15:04

There's no going back to the past, there's no going back.

I can only go all the way to the finish line; every time I stop, I feel pain.

Wind 2020-11-07 17:16:27

My guess is this.

Bethlehem Star 2020-11-07 17:16:32

I am also increasingly experiencing the fear of death.

(2020-11-07 17:16:47)

I experienced two events that
defied the laws of matter,
both occurring when I
encountered a sense of
separation—a sense of
separation, which I will
describe in more detail.

It's that feeling of identifying
with a finite thing as "mine. " (2020-11-07
17:17:38)

sense of limited ego
Bethlehem Star 2020-11-07 17:17:56

An unnatural feeling
I'm increasingly feeling
unnatural being my little self.

(2020-11-07 17:20:07)

This experience is still
very enjoyable. (Bethlehem Star,
2020-11-07 17:20:16)

Let's talk about
those two things. (Wind,
2020-11-07 17:20:29)

One thing I just told you
Another thing is that one day I was watching the sunset from the
window and releasing...

Wind 2020-11-07 17:21:09

Suddenly the
sunset was incredibly
beautiful . (2020-11-07
17:21:33)

However, I felt a little
regretful because my
attention wasn't on it at
the time.

Then realizing this was an attempt to control, I immediately released it.

Then, I had a thought: I wanted to watch it again.

At that moment, the sun suddenly moved back a
little, and I felt like the whole world was rewinding. (Bethlehem
Star, 2020-11-07 17:22:48)

Replay

Wind 2020-11-07 17:22:53

It returned to its previous state; the sunset
reappeared, like a dream. (2020-11-07 17:23:13)

It dawned on me later—could this be
a time reversal? I'm not comfortable
sharing this kind of experience with
too many people.

If you have a similar
experience, you might understand .
(2020-11-07 17:24:14)

I told my friend that although he didn't think I would lie, he
wondered if I hadn't slept well and was confused. (Bethlehem Star, 2020-11-07
17:24:24)

Haha, if you say it out loud,
they'll treat you like a god,
haha, that's possible.

How much longer do you think
you need now ? (2020-11-07 17:27:28)

I felt that fear of death and the sense of
separation always lingering within me. (2020-11-07
17:27:34)

I thought I'd be done
once I dealt with it,
but this part always
seems to stop.

Well, although I still have a body, this peace and tranquility makes
me very reluctant to move forward. (2020-11-07 17:29:05)

However, these two things did give me some
motivation to not want to become this body. (Bethlehem Star,
2020-11-07 17:29:15)

I believe you won't stop.

Be beingness only

This is the ideal

state . (2020-11-07 17:29:56)

Yeah, I have to

finish this. I

can't make this

mistake again. I

don't want to go

back.

Bethlehem Star 2020-11-07 17:30:46

I haven't experienced this beingness,

but I really want to experience it. (2020-11-07

17:30:54)

Yesterday I reflected on my life, and oh my god, what a hellish
existence I've been living! (Bethlehem Star, 2020-11-07 17:31:46)

I'm starting to feel
that I wasn't really
living before.

Wind 2020-11-07 17:33:07

I want omniscience, omnipotent,
omnipresent
Omniscient, omnipotent, and omnipresent
Especially omniscience; my lifelong

thirst for knowledge has been truly intense.

(Bethlehem Star, 2020-11-07 17:33:34)

Never accept inferior

Me too, I want to know
everything, without having to think .

(2020-11-07 17:34:31)

Then, the superpower I used to want
most was teleportation . (2020-11-07 17:34:46)

A single thought,
and you can go wherever you want.

(Bethlehem Star, 2020-11-07

17:35:20)

Actually, you don't even need
to move; you're already there. (Wind,
2020-11-07 17:35:26)

Thinking about it this way, what
would it feel like to have
omniscience, omnipotence, and
omnipresence without being a
physical body?

I really want to experience it.

Bethlehem Star 2020-11-07 17:36:29

Absolutely worth it

Unwilling to
change anything 2020-11-07
17:38:32

Release, release,
keep going Bethlehem Star!
2020-11-07 17:39:08

Everything else is
unimportant, especially the
fear of dying.

Wind 2020-11-07 17:39:41

These six steps will

definitely get us to the
destination; don't delay.

Bethlehem Star 2020-11-07

17:40:10

Uh-huh

To be the smartest person

2020-11-07 Guided release stuck

风 2020-11-07 18:10:18

你能放下对它的想要控制吗？

D 2020-11-07 18:10:20

卡住了

风 2020-11-07 18:10:25

你想一直控制这个卡住，和它纠缠到底，还是想要自由？

D 2020-11-07 18:10:30

想要自由

风 2020-11-07 18:10:36

现在你能看到这个想要控制吗？

它离开了吗？

D 2020-11-07 18:10:40

离开了

Wind 2020-11-07 18:10:50

This demonstration shows

the first step of the

six-step usage.

If you get stuck, use step five.

If you are unwilling to release, then take the first step.

from November 8, 2020 is an auxiliary tool.

I am Infinite 2020-11-08 00:38:15

Do you think it's better to use an emotion chart to find your feelings, or to simply experience your current feelings? @风风2020-11-08

00:38:26

The mood chart is an aid.

Using an emotion chart can be

helpful for newcomers at first,

because most people rarely

engage with their own emotions

and tend to suppress them.

Treating emotions

as if they weren't is my

infinite 2020-11-08 00:38:40

right

Force 2020-11-08 00:38:55

Thinking I'm so

tall? (2020-11-08) 00:38:59

[Laughing][Laughing][Laughing]

Wind 2020-11-08 00:39:26

So when someone asks me what I do when I'm not in a good mood, I ask, "How are you feeling?" They say, "It feels meaningless."

Then I said, "Find out where 'meaningless' is on the emotion chart.

Look at it; it's utter despair."

I am Infinite 2020-11-08 00:39:41

[Laughing]

Wind 2020-11-08 00:39:40

Then, experience it again and see.

He can then access his
own emotions; an emotion
chart is a very good
aid.

I am Infinite 2020-11-08 00:39:49

suffered

for so long. It's too easy !

What effects can the release method achieve? (November 8, 2020)

Wind 2020-11-08 15:26:15

With each release, don't you feel your entire mind
and body system calming down? Release techniques
can achieve all those benefits.

I am Infinite 2020-11-08 15:26:30

No... Did I still use a fake release
method? [Facepalm] Wind 2020-11-08 15:26:39

How delightful!

首先是呼吸系统，会自然变得绵长通常这是在释放之后的体验
然后心灵上安静下来的同时，整个身体会放松下来精力会流动
持续释放到后面，每一次释放都会给你一个很充沛的精力第六步就是你每次释放都会更愉悦

literal meaning

on November 8, 2020, is based on an understanding of sensation.

Wind 2020-11-08 18:13:16

However, Lester said he invented the method not in a rational mind. It is not based on the mind (mind) , but on the understanding of feelings .

He said, "I can't explain to you what an orange tastes like. If I give you an orange and let you eat it, you'll know. So it needs to be experiential."

Then, the first principle is, don't believe things until you prove them to yourself. nothing until you (Prove it to yourself)

2020-11-10 We need to use expression to release [the pent-up emotions].

Wind 2020-11-10 09:29:11

I also listened to about Releasing
suddenly reminded me of my own
experience with this.

However, it was not emphasized.

But I found that Lester Levenson (The Sedona Method) emphasized this.

In the In the video , he emphasized that
you should use expression to unleash your potential.
(2020-11-10 09:29:30)

I have this experience, but it's easy to overlook it, just like me. Although I've had some experience, I didn't know how to use it. I didn't apply it to other situations, and I didn't thoroughly understand it. But this is extremely important.

wind 2020-11-10 09:29:50

In *Beingness*, he emphasized that you must first accept smoking, and then it becomes easy to release [the urge/feeling].

(2020-11-10 09:30:04)

Because people usually strongly suppress their expression. Furthermore, the common perception is that expression is not a form of release, which prevents people from expressing themselves. Nowhere has it been said that expression is the first step in release.

Wind 2020-11-10 09:30:31

This is a mental conflict

If you feel utterly hopeless and don't want to move, but you force yourself to get up and take action, you are suppressing your despair and preventing it from manifesting.

You're using all your energy to suppress your feelings.

2020-11-10 I dare not imagine that I might be in a state of utter despair and fear.

Wind 2020-11-10 10:13:09

If the "twists and turns" you're referring to are things that bother you, then there's no such thing as things will work perfectly if you completely let go.

It won't bother you.

That kind of "twist" is the result of your incomplete release in this matter.

jing. jing 2020-11-10 10:13:37

@Wind means it won't happen immediately;

it will be a bit difficult for it to happen .

(2020-11-10 10:13:53)

Then it wasn't fully released.

You haven't released all your feelings about this matter to the level of fearlessness.

(2020-11-10 10:14:18)

If you release it, you won't feel frustrated.

jing. jing 2020-11-10 10:1:0

@FearlessWind, can emotions like these occur effortlessly? Wind 2020-11-10 10:15:28

Yes

If you don't have any hidden negative emotions, it won't be difficult. Fearlessness is the ability to take effortless action at any time to achieve your goals without hesitation or resistance.

Acceptance means things will happen perfectly naturally, without you even needing to take action.

Peace is when you feel time stands still, and things come and go without affecting your state of

mind.

jing. jing 2020-11-10 10:17:14

@Wind, for target release, is releasing it to at
least Fearless enough? Wind 2020-11-10 10:17:20

Calmness is what Lester called the pinnacle, transcending the
fear of death, where nothing can disturb you until you achieve
liberation.

Release until things fall in front of you

jing. jing 2020-11-10 10:18:01

You just said that anything above the
level of fearlessness would definitely happen
without difficulty. (2020-11-10 10:18:05)

Because you may have some repressed emotions
that you don't acknowledge, you need to
constantly release them if things don't go
your way externally.

Until external realization

Lester Levenson (The Sedona Method) said it was possible.

But don't believe him. Go and
verify for yourself. (I am Wuxian ,
2020-11-10 10:19:18)

I dare not think
it, so I dare not express it.
(2020-11-10 10:19:38)

No

Not daring to think about it might
be a state of utter despair and
fear. If you force yourself to
think about it, it will only lead
to repression.

Feeling sleepy during release
usually means you want to escape your feelings.
(2020-11-10 10:26:48)

It's very simple,
just allow yourself to sleep .
(2020-11-10 10:26:55)

Release the
wind after waking up
2020-11-10 10:27:00

This will make you sleep less and less.

10:29:47

When there's no
obvious emotion, Feng 2020-11-10
10:29:48

It's impossible for you to be without emotions.
Liu Ruogang (Runtu) 2020-11-10 10:29:51

According to the table, in the beginning, you only need to express
your desire for recognition and control. Once these two aspects reach a certain
level, you can then extend upwards.

Wind 2020-11-10 10:29:57

That is an inconspicuous emotion.

vague feeling

No, releasing the desire for
control and identification is
an advanced course in Primal
Release.

Watch the first and fifth lessons of the 1992 Liberation Law

In other words, emotions exist anytime,
anywhere. It's just that after vaguely

releasing the "want," the first release is
the desire for control and validation,
followed by the release of the desire for
security that drives the desire for
control and validation.

jing.jing 2020-11-10 10:33:12

@Teacher Fengfeng, have you ever had a time when the
dominant emotion you felt was anger? Feng 2020-11-10 10:33:33

Yes, they've all
released all the
keynotes and
experienced them
all.

jing.jing 2020-11-10 10:34:30

@Wind, you started using the original release method two years
ago. Why wasn't it as effective then as it is now? Wind 2020-11-10 10:35:11

It worked very well for me two
years ago, but after stopping
for six months, the release
lasted for a week.

I am Infinite 2020-11-10 10:35:26

Oh, right, there's a question I haven't asked yet. You mentioned that
when translating materials in the group, you gained a clearer
understanding of some previously overlooked aspects.

It's clear now, what
does that mean?
@Fengfeng 2020-11-10
10:36:00

I had roughly two
ideas about the first
and second steps
before.

One is that the first and second steps are things that should
be "shelved," meaning beginners shouldn't consider them. The
other is that the first and second steps must be done,
otherwise it's difficult to achieve mastery.

I used to struggle with which of
these two was right. Often, once
you express laziness, you can
release it. You can try it.
When you allow yourself not to
release, you will spontaneously
release without resistance.

It's not that I'm allowing myself not to
release anything, but rather that I'm allowing myself
to be too lazy to release anything. (2020-11-10
10:38:23)

The key is to bring out this lazy state.

2020-11-10 Expression is the beginning of release, not a
substitute for release.

Wind 2020-11-10 10:56:10

Lester said that expression is the beginning of liberation.

Instead of using
expression to replace release,
here it is (2020-11-10
10:56:15)

Expression
cannot replace the release of
wind. (2020-11-10 10:56:25)

let the things come out

I've said it again and again: I'm certain you won't find freedom in this world.
This world pulls everyone down too forcefully, dragging things into worldly ways.
You need to get out of that pit, work together as a group, and use your

expressions to liberate yourselves.

"In the world, when you want to go out, you have to suppress it, or you'll be killed. If you express anger to the wrong person, he'll shoot you. In California, there are hundreds of police officers patrolling the streets to stop gunfights. Yesterday, three people were shot and killed in Los Angeles. You can't stop it outside. But here you have a very good opportunity to express and release, to move forward, to move upward."

Let's review the way

In the midst of 2020-11-10 10:56:38

Expression is the surfacing of emotions.

Rather than

expressing it to

others, this is

theoretical.

But in practice, it's often expressed to others [facepalm]

When expressing yourself to others, you can use techniques, such as simply telling them how you feel right now, instead of retaliating.

[Facepalm]

Wind 2020-11-10 10:57:00

He's not saying you have
to be present everywhere you go.

(2020-11-10 10:57:08)

Whether something is repressed or not depends on
whether it's repressed internally, not on whether there are
external actions or not. (2020-11-10 10:57:24)

There is a table in the course.

【picture】

Write down where you feel
suppressed, where you express
yourself, and then release
your emotions.

The discussion above was a bit
disorganized, so let me summarize it
briefly, introducing the concepts of
"with awareness" and "without
awareness" into this discussion.

不过莱斯特先生的意思，是我们有四种处理情绪的方式第一种最糟糕，
叫压抑
第二种稍微好一点，叫逃避 第三种是释放的
开始，叫表达
而我们要做的是第四种，叫释放
因为表达是释放的开始，所以你会发现，如果你不允许它表达，你会持续把它压
抑在下面

Don't introduce the concept of awareness, because sometimes this
kind of "aware expression" actually implies a kind of repression.
Theoretically, awareness is good, and I know that pure awareness...
However, introducing these concepts actually
confuses these simple teachings. Lester's
meaning is quite simple.

You need to allow yourself to
express yourself, and then you can
let go. Allowing yourself to express
yourself doesn't mean you have to
finish expressing yourself.

For example, you might want to get angry, and at that moment you
subconsciously want to suppress it through some method or even a
release technique. Now you allow yourself to express it.

You might become aware of it the moment you
allow yourself to express it. The moment you're
about to get angry, you find yourself releasing
it.

You don't need
to finish
expressing
yourself, yes,
that's often the
case.

In the midst of 2020-11-10 10:58:18

Understandable

People are free when they are not repressed.

You can choose to simply release it, or choose a way to express it to
someone else.

When people are suppressing their emotions, they are not free; they
may even feel more angry, but they don't express it, or perhaps if
they did, it would be...

It is distorted.

Wind 2020-11-10 10:58:25

Yes, when you're not suppressing your feelings, you can choose to express or release them. In fact, if you've actually tried it, you'll find that...

You might express a little bit and then be able to release it immediately.

If expression is not allowed, it may never be released.

For example, if you can't sit still but force yourself to sit there and release, you might be stuck there all day, struggling with the situation.

At this point, simply allowing yourself to stand up and walk around might help you release the tension. Those who have truly experienced this will understand.

It may not be fully expressed.

Sometimes you're all geared up for an argument, and suddenly that feeling comes over you, you feel released, you leave, and then you don't want to argue anymore.

In the midst of 2020-11-10 10:58:50

Just don't

suppress it . (2020-11-10 10:59:13)

As for desire, it's basically something you become aware of and can release immediately.

standlight 2020-11-10 10:58:26

Furthermore, many teachings say that everything is perfect in the present moment. From what aspect does a person who has realized this develop the desire to "want"?

Wind 2020-11-10 10:59:33

There are two possibilities

One type is to suppress heavy emotions deep inside.

Another type is when you truly clear your subconscious and reach a level of acceptance, you'll feel that everything is perfect and you'll want to stay there and maintain that feeling.

And this is something that wants to control

If you release what you want to control, it will continue to rise and the release will not stop.

Until the destination is reached

Lester's ultimate goal is

omniscience, omnipotence, and omnipresence,
which emptys all the mind, leaving only
infinite existence.

standligt 2020-11-10 10:59:50

Because you can't imagine a world where everyone is enlightened. Would that
world be free of contradictions? Free of conflict?

Is it all over?

Wind 2020-11-10 10:59:00

We don't need to imagine this.

If you don't believe in enlightenment, at least you
can experience how liberation can improve your life.

Everyone applies it to different degrees.

standligt 2020-11-10 10:59:10

@Wind I've read Byron Katie's books before. Her teachings seem to strip away all
mystery. She doesn't talk about wish fulfillment, but simply says that everything
is just a story of the mind. If you don't believe, you're enlightened. If you
believe, you're obsessed.

Wind 2020-11-10 11:00:08

That's other teachings.

Lester does not recommend that students incorporate the teachings of others into his own, including those of the Self-Awareness Fellowship.

Yogananda is a certified Awakened One from Leicester.

standligt 2020-11-10 11:01:09

Lester's teachings have a mystical quality, which I find difficult to accept.

Wind 2020-11-10 11:01:21

Your feelings might be different from mine. I think Lester Levenson (The Sedona Method) is the least mysterious; he has eliminated almost all the mystical elements of religion.

Furthermore, he said,
"Don't believe me, go
and verify it
yourself."

standligt 2020-11-10 11:01:36

This verification is impossible to define scientifically. @Feng For example, yesterday JD.com had a book coupon giveaway. I tried to claim one, but I didn't receive it. Did this mean my claim was unsuccessful or that the claiming was ineffective?

Wind 2020-11-10 11:01:50

Have you released all your feelings about it as required?

standligt 2020-11-10 11:01:55

If it fails, it means I didn't release it properly; if it succeeds, it means I released it properly. That's not...

It is science.

Wind 2020-11-10 11:02:06

subjective science

However, the advantage of the release method is that you don't need to worry about how much you've accomplished; you just need to confirm how

much you've done.
Since he doesn't want you to
believe, then just don't believe
him. Not believing won't affect your
release.

standligt 2020-11-10 11:02:14

In other words, disbelief can lead to positive outcomes? But how to
achieve positive outcomes lacks any standard beyond one's own understanding.
Therefore, it's difficult to call it a science.

Wind 2020-11-10 11:02:26

It's not objective science, it's subjective
science. It's just that you can scientize it;
at least he said it, and you don't have to
believe it. Releasing it can still have an
effect.
He didn't instill a belief system in you.
He didn't tell you, "You must
believe before you can release."
Release is a technique.
You can verify that
the event occurred
automatically in any
situation.
You don't need to use your brain to fill in the gaps.

You can choose not to hold this belief, and you can also let go.
Lester didn't say you need to believe that in order to release

Wind 2020-11-10 11:02:40

Yes, he said you'll know as you are released.
He didn't say you had to believe what he said before you could get the release.
Letting go is just a technique; he tells you what this technique might bring you—you don't have to believe it, and you can do it too.
If you've done that, then you "know," and you don't need to believe it anymore.

Standlight 2020-11-10 11:02:48

I understand what you mean. It means that it's like doing gymnastics; you don't have to believe it, just do it, and your body will...

It will be better

2020-11-10 "Conscious expression" actually implies a kind of repression.

In the midst of 2020-11-10 11:00:01

@Wind When you're angry, turn inward. Don't suppress that energy; instead, experience your angry energy and release it. Isn't that enough?

Expressing oneself to others is an ingrained habit, and at this moment, one is manipulated by emotions and loses awareness. (Wind, 2020-11-10 11:00:34)

I know what you mean.

In Vipassana meditation,
this is how they teach it . (2020-11-10
11:00:50)

Lester Levenson (The Sedona
Method) says he takes 100% responsibility
for himself . (2020-11-10 11:01:02)

Lester said that
expression is the
beginning of liberation,
not a substitute for
liberation.
let the things come out

I've said it again and again: I'm certain you won't find freedom in this world. This world pulls everyone down too forcefully, dragging things into worldly ways. You need to get out of that pit, work together as a group, and use your expressions to liberate yourselves.

"In the world, when you want to go out, you have to suppress it, or you'll be killed. If you express anger to the wrong person, he'll shoot you. In California, there are hundreds of police officers patrolling the streets to stop gunfights. Yesterday, three people were shot and killed in Los Angeles. You can't stop it outside. But here you have a very good opportunity to express and release, to move forward, to move upward."

Let's review the way

He didn't mean you have

to express yourself everywhere.

(Erin, 2020-11-10 11:01:30)

Is it okay to vent anger by writing it down? I really don't want to curse.

@WindEraInternetOfEverything 2020-11-10 11:01:46

So, is this the expression we understand it to be? (Bethlehem Star, 2020-11-10 11:02:11)

Haha, this is
great ! (2020-11-10 11:02:41)

Yes
There is a table in the course.
Write down where you feel
suppressed, where you express
yourself, and then release
your emotions.

Wind 2020-11-10 11:02:51

The discussion above was a bit disorganized, so let me summarize it briefly.

First, I know that many people who have
studied other teachings will introduce the
concepts of "with awareness" and "without
awareness" into this discussion.

不过莱斯特先生的意思，是我们有四种处理情绪的方式第一种

最糟糕，叫压抑

第二种稍微好一点，叫逃避 第三种

是释放的开始，叫表达

而我们要做的是第四种，叫释放

因为表达是释放的开始，所以你会发现，如果你不允许它表达，你会持续把它压抑在下面

Don't introduce the concept of awareness, because sometimes this
kind of "aware expression" actually implies a kind of repression.
Theoretically, awareness is good, and I know that pure awareness...
However, introducing these concepts actually
confuses these simple teachings. Lester's
meaning is quite simple.

You need to allow yourself to
express yourself, and then you can
let go. Allowing yourself to express
yourself doesn't mean you have to
finish expressing yourself.

For example, you might want to get angry, and at that moment you
subconsciously want to suppress it through some method or even a
release technique. Now you allow yourself to express it.

You might become aware of it the moment you
allow yourself to express it. The moment you're
about to get angry, you find yourself releasing
it.

You don't need to finish expressing yourself.

The era of the Internet of Everything 2020-11-10 11:03:10

He released his
anger almost immediately?

(Wind, 2020-11-10 11:03:18)

Yes, it often
happens like this.

(2020-11-10 11:03:30)

Understandable

When there is no repression, people are free.

You can choose to simply release it, or choose a way to express it to
someone else.

When people are suppressing their emotions, they are not free; they
may even feel more angry, but they don't express it, or perhaps if
they did, it would be...

风 2020-11-10 11:03:49

嗯，不压抑的时候，你就可以选择表达或者释放
其实如果大家真的实践过，会发现这一点
你可能会表达一点点
然后马上就能释放了

It is distorted.

如果不允许表达，可能一直释放不了
比如如果你坐不住，却让自己一直坐在那里释放，你可能一整天都卡在那里，
在和这个状况作斗争
这个时候你只要允许自己站起来走一走可能就能顺利释放了

I am Infinite 2020-11-10 11:04:05

@zaiyan You must finish expressing yourself,
otherwise your mind will easily deceive you. (Feng, 2020-11-10
11:04:19)

Those who have truly
experienced liberation
will have this experience,
though they may not be
able to fully express it.
Sometimes you're all geared up for an argument, and suddenly
that feeling comes over you, you feel released, you leave, and
then you don't want to argue anymore.

In the midst of 2020-11-10 11:04:26

Just don't suppress it.

You need to release the top part to see the rest.
(November 10, 2020)

Wind 2020-11-10 14:15:13

need to release the top one to
see the bottom one. (2020-11-10 14:15:20)

Yes

I wasn't aware of this urge to escape before, but it was right there
within me, almost bursting forth. The moment I mentioned it, I noticed it; it was
such an obvious feeling.

I want to escape; I feel I can't do it, I can't bear it.

It's not that you want this world, it's that this world wants you. @Wind

This escapism was always there; the moment I sensed it, it became
crystal clear and then vanished, leaving me with a feeling of relief. I feel
incredibly foolish for holding onto this escapism without even realizing it.

Everything became so clear
all of a sudden; the power
returned, it had been
holding me back for so
long.

on November 12, 2020) can help you connect with your emotions.

Jamie Yeh 2020-11-12 06:00:11

My mom is always looking for cheap and good things. I just said to
her, "It's not like she doesn't have money, why does she have to go through all

this trouble?" @Wind, how can I change this?

Wind 2020-11-12 06:01:08

Just let it
go, okay? Let
your feelings
go.

Jamie Yeh 2020-11-12 06:02:41

OK

Wind 2020-11-12 06:02:54

Just follow the video.
The simpler you do it, the
greater the benefits.
Every tool is useful.

Jamie Yeh 2020-11-12 06:03:47

Okay, let's prepare the notebooks first.

Wind 2020-11-12 06:04:25

Emotion charts can help you connect with your own emotions. Otherwise, you'll overlook many emotions that you've suppressed for too long in your daily life because you've become so accustomed to them that they become part of the background. Therefore, you don't look at those emotions, but they're always there. Finding it on the emotion chart can help you quickly identify that emotion.

2020-11-12 Physical sensations don't need to be released; release your emotions towards them.

Wind 2020-11-12 07:56:23

Regarding the question of desire, the course later introduces "feel the wants," and the fifth lesson, "From Want to Want," is about just beginning to learn how to release desires. Therefore, it guides you to start by feeling your present moment. However, if you truly feel desire, it actually occurs in your feeling center; you just don't need to specifically look for it in that area.

I am Infinite 2020-11-12 08:01:16

I was unable to release the wind because I had mistaken subtle desires for mental thoughts in the past and failed to recognize them.

(2020-11-12 08:05:20)

You can actually "feel" that what you want is more than just a thought.

The idea is too superficial. (Liu

Ruogang, 2020-11-12)

08:06:50

I have a tingling and numb sensation in my neck and ribs. How can I release this feeling continuously? @Wind Physical sensations don't need to be released;

release your emotions towards them.

Wind 2020-11-12 08:08:14

It will dissipate on its own as
your emotions are released; you
don't need to pay special
attention to your body's
sensations.

Shanshi 2020-11-12 08:11:21

@Feng, I did something and I'm in a good mood.

Or maybe a friend came over, and I was very
happy. Should I release this positive emotion? (Wind,
2020-11-12 08:11:45)

Of course, positive
emotions can be
released, and the
course guides you to
do so.

You'll feel better
after releasing it. (Shanshi,
2020-11-12 08:12:33)

@Fengna, could it be that we can experience and release our emotions
anytime, 24 hours a day, whether good or bad, neutral or neutral?

Wind 2020-11-12 08:12:34

Yes, first of all, you'll feel better every time you release.

Secondly, only after you release the positive emotions that were
holding you back will the heavy emotions that were suppressed underneath surface.
(2020-11-12 08:13:23)

If you cover yourself up with positive
emotions, you'll refuse to look at deeper
things. (Waiting for the flowers to bloom -
2020-11-12 08:14:13)

How can I release the feeling of inferiority and being looked down
upon by others?

Wind 2020-11-12 08:14:47

Have you learned the
release process? (Waiting for the
flowers to bloom, 2020-11-12
08:15:22)

No, I just learned a
little bit about it. (2020-11-12
08:15:27)

You can start learning from the first
lesson; any feeling can be released, and you can wait
for the flowers to bloom. (2020-11-12 08:15:40)

Oh, thank you.

Liu Ruogang 2020-11-12 08:17:19

Could you explain the relationship between @Feng's three questions and the
six steps, in more detail? I've watched the video several times, but...

Too clear

Wind 2020-11-12 08:18:15

The three-question format is the process.

The six steps summarize the course.

The third step of the six steps is to recognize that all
feelings stem from a desire for control and identification,
and then continuously release them. This requires you to use a
process to release them.

Implementing the six steps involves
continuously using the release process to release
rocks. (2020-11-12 08:26:47)

@Fengna means that it's possible that after releasing good emotions,
some heavy emotions may follow, making it appear that the emotions worsen after
the release.

Keep releasing your negative emotions;
things will be better after you've released them.
(2020-11-12 08:34:16)

You'll feel better when you release it, but you'll also
allow deeper, heavier emotions to surface. (Huixuan, 2020-11-12
08:46:06)

@Teacher Fengfeng, how to release
the wind when you are incapable of loving and
hating? 2020-11-12 08:47:18

Release the covering "non-love" emotions, and your natural instinct is to
love.

hzy 2020-11-12 08:52:11

Is it possible to not dwell on

the affiliation of what one "wants"?

(2020-11-12 08:54:33)

You'll get a better feel for which one it is; just keep doing it, and it will become clearer and clearer.

2020-11-12 You live in what you want, just like a fish lives in water.

I am Infinite 2020-11-12 08:06:10

@Wind If we don't distinguish between desires of the mind and desires of the heart, then desires are everywhere—wanting this, wanting that, wanting to wave a hand, wanting to move the paper aside, wanting to throw away the trash, etc.

I wanted to ask you, is this something you also want?

In other words, these desires are
all very superficial. (2020-11-12 08:06:54)

Want to control

You live in your desires, just
like a fish living in water,
so it's impossible for you not
to be aware of what you want.

I am Infinite 2020-11-12 08:07:06

[Smirking] These are all things I want,
but why don't I know them? I refuse to
acknowledge that these are things I want.
Because it's too mild and too ordinary.
It's completely

different from what I imagined.

(2020-11-12 08:07:25)

The reason you can't perceive it is simply because
you're looking for something in your imagination,
not something that's actually there.

I am Infinite 2020-11-12 08:07:36

Too simple, too mild.

(This is from a post on November 12,
2020, at 8:07:51 AM.)

It's subtle, isn't it?
Therefore, deeper
release is more subtle,
not as intense as you
might imagine.

I am Infinite 2020-11-12 08:07:59

So this is what you meant
by "subtle". (Feng, 2020-11-12
08:08:21)

The course mentions in lesson five that at this point, many
releases will be very subtle and may not be accompanied by
physical sensations. So if you're trying to find physical
sensations, you'll get stuck.

I am Infinite 2020-11-12 08:08:30

right
Attention tends to focus on physical sensations
I thought I was about to
discover a world-shaking secret,
but it turned out to be just
something ordinary.
And things I was
used to completely
overturned my
imagination.

I feel a little uneasy. Is this minor thing really
causing me to feel restricted? (Wind, 2020-11-12 08:08:40)

Don't
overthink it,

just practice.

Try it out

Let's see if the release

has a deeper effect. (I am Infinite,

2020-11-12 08:08:51)

I'm a little skeptical, and I

think I might have made a

mistake. Okay, I'll go try it.

The most obvious and superficial thing you realize on November 13, 2020 is the desire to change it, so you should release that desire.

To control

Shanshi 2020-11-13 07:10:11

@Feng, teacher, when I read everyone's conversations in the group, I sometimes feel ignored. Is this because I want to be recognized , and I'm expressing that desire for recognition, right?

Wind 2020-11-13 07:10:28

Can

Shanshi 2020-11-13 07:10:40

@Teacher Feng, my desire for recognition is very strong. I often feel like people don't see me or that I'm unimportant. Is this a manifestation of wanting recognition?

Wind 2020-11-13 07:12:42

Yes

If what you perceive most superficially is the desire to change it, then release the desire to control. If what you perceive is the desire to identify, then release the desire to identify.

Weight loss on November 13, 2020

FREE\ 2020-11-13 08:24:05

If I want to lose weight, should I try to release the control I have?

Wind 2020-11-13 08:24:14

Release the desire to control and identify with it until you feel that the goal has been fully achieved—not physically, but psychologically.

The emotions on the emotion chart

Despair, sorrow, fear, greed, anger, pride, fearlessness, acceptance, peace. (Bismarck, 2020-11-13 08:24:23)

Is it to release these

or do the three want the wind?

(2020-11-13 08:24:34)

Finally, there are three things I want.

The fear of death (the desire to survive) drives the desire for identification and control, which develops into nine emotional states.

These emotional states developed into thousands of thoughts.

Therefore, in the end, only three who wanted to be released were released. When you release the most basic No. 1 program, you clear your entire mind.

Shanshi 2020-11-13 08:24:50

@TeacherFeng , I want to eat, but I know it's just a craving, not hunger. How can I release this urge?

Is it okay to feel this way?

Wind 2020-11-13 08:24:59

So you're trying to control yourself and not eat? (Shanshi, 2020-11-13 08:25:01)

right

Wind 2020-11-13 08:25:06

Can you feel
it? (Shanshi, 2020-11-13
08:25:11)

想要的那种张力感受比较强，控制点感觉不强，要用头脑想一下才能感受到
风 2020-11-13 08:25:30

释放这种习惯的时候，你要小心不要做成压抑
如果你只是感受张力，实际上你没有去接触你的想要
你继续被想要控制驱动
所以，去感受到你的想要，然后你能立即体验到想要被释放后的感觉

Release control

Mountain Stone 2020-11-13 08:26:00

There are two types: you can feel what you want and then release it; or you can feel yourself in control, feel the desire to control something, and then release that control. Is that right?

Wind 2020-11-13 08:26:09

See the six steps

Do you feel whether you want to control or accept your current feelings? Then release them. If you're stuck, release the desire to control that's causing the problem.

Shanshi 2020-11-13 08:26:16

It's about wanting control, I understand.

Vera Wang 2020-11-13 08:26:37

@Wind, how do you distinguish between release and repression? Wind 2020-11-13 08:27:04

The feeling of release was very clear.
Feelings will fade away, emotions will rise.
There is a feel in the workbook good
If you don't feel lighter or happier after a release, then you haven't truly released it.

Vera Wang 2020-11-13 08:27:19

@How long does it typically take to release wind? I've never successfully released wind; the more I try, the angrier I get. (Wind, 2020-11-13 08:27:40)

How long does it take to release?
It takes about ten seconds to release once.

Vera Wang 2020-11-13 08:27:45

Only a dozen seconds
Huh? The more I release it, the more chaotic my feelings become. (2020-11-13 08:28:06)

This is a way to release emotions.
Releasing desire only takes a few seconds

Purple¹³ 2020-11-13 08:28:18

@Wind, can we view release as a decision? Does a decision automatically lead to release? Wind 2020-11-13 08:28:37

Releasing is a decision, but it's recommended to use a release process

to make that decision.

Shanshi 2020-11-13 08:28:54

@Teacher Feng, I try to feel my emotions while doing anything. For example, when I'm walking and it's cloudy, I feel lost. Then I try to understand what else is in that feeling, like loneliness or sadness, and then I release those emotions one by one. Is this the right thing to do?

Waiting for

a reply [Happy] Wind

2020-11-13 08:28:59

Continuing to
release [the information]
is the right thing to do.
(2020-11-13 08:30:05)

Can this escalate to the
point of releasing desires?
(2020-11-13 08:30:17)
certainly

Fangfei 2020-11-13 08:30:18

Is "letting things take
their natural course" a way of wanting
to be controlled? (Wind, 2020-11-13
08:30:21)

If "letting things take their natural course" involves
compromising on the possibility of failure, then there is still pent-up
emotion involved. (Fangfei, 2020-11-13 08:30:42)

Yes,
there's a tendency to
compromise. (2020-11-13
08:30:50)

Lester said you have to be a winner, even if it's just to unleash those subconscious,
repressed resistance processes.

Susan Lee 2020-11-13 08:30:59

@Feng, after releasing desires, do emotions also rise in layers? When
I release desires, I don't feel a change in emotional energy level, but when I

风 2020-11-13 08:31:18
释放想要的效果要深于只是在表面释放情绪你可能需要一点
时间慢慢掌握
不过不会太久

Susan Lee 2020-11-13 08:31:25

What does that feel like? After truly releasing what you want
I've mastered emotional release; it's about
releasing what you want without a clear feeling. (2020-11-13
08:31:48)

Describing the feeling of releasing
what you want won't do much good; it
will only make things worse.

Because it will simultaneously take away all the emotions above it.

If you feel it's shallower, then it's not releasing the feeling you want.

Susan Lee 2020-11-13 08:32:18

Yeah, so I have an emotion right now, and after I release it, that
emotion goes away, but what takes its place? My mind still wants to
figure that out.

Wind 2020-11-13 08:32:40

Of course, it's a higher level of emotion.
feel good

2020-11-13 Is sexual desire a matter of control or acceptance?

Vera Wang 2020-11-13 09:51:18

@Wind I have a question I've always wanted to ask. I've noticed that all enlightened masters are men? Is it possible for women to achieve enlightenment?

Enlightenment?

Wind 2020-11-13 09:51:25

It is said that due to societal acceptance (it has always been a patriarchal society), female masters tend to live in seclusion, but this is no less common than that of their male counterparts.

Menghezhuang 2020-11-13 09:51:34

Wind, I have a question: Is sexual desire a matter of control or acceptance? @风风
2020-11-13 09:51:49

Lester said that sexual desire is the craving for love expressed physically, and that sexual pleasure limits the joy of love to the physical body.

The pleasure of love is a thousand times greater than that of sex.

Vera Wang 2020-11-13 09:51:51

@Wind, is that indifference or utter despair? Wind 2020-11-13 09:52:06

Just look at your emotions.

Sexual desire, like appetite, is simply a physical expression. (Magnolia,
2020-11-13 09:52:15)

Therefore, sexual desire is not...

Can it be removed? @Wind I once heard a Buddhist master say that Arhats no longer have this need. Wind 2020-11-13 09:52:19

Sexual desire will be released to a certain extent, and the identification with the physical body will be cleared.

"You haven't followed the subsequent steps of these six steps because you've omitted the first one—the desire for freedom—instead focusing on self-gratification, on satisfying your sense of 'I.' You're chasing after the wonderful states of the external world, and with each bit of pleasure you gain, you receive a bit more pain. If you look closely, it's so obvious. What you thought was the happiest thing in your life has brought you the greatest pain—primarily from the opposite sex. As you move up, your sexuality should be released, and you will reach a place without sex, without differences between men and women. You will see that there is no..."

The distinction between 'male' and 'female' labels.

This will happen in the later stages of the release. (Magnolia,

2020-11-13 09:52:58)

I tried this release method. Most people have a resistance to feelings of suffering, so most emotions are suppressed inside and not released. It's about letting these emotions go away naturally.

Wind 2020-11-13 09:53:00

You don't need to think too much about it right now [laughing emoji]

November 14, 2020: Is the feeling caused by the emotion itself, or by suppressed emotions?

of?

Yitian 2020-11-14 07:57:12

@Is the sensation of wind caused by the emotion itself, or by suppressing emotions, such as the feeling of tightness in the chest that accompanies the emotion?

Wind 2020-11-14 07:59:13

The feeling at the center comes from suppressing your emotional energy.

suppressed feeling

suppressed energy

Yitian 2020-11-14 07:59:25

Even after your emotions have calmed down, if you still have physical sensations, does it mean that the emotion hasn't been released but rather suppressed? Yes, if your center of sensation is still blocked, then this is definitely the case.

Wind 2020-11-14 08:02:45

Body pain is just a warning sign.
alarm
For example, if you
suppress your fear of
death, that fear of
death is a desire to
survive.

Yitian 2020-11-14 08:03:16

Does releasing the fear of death mean you won't be afraid of pain anymore?
The desire to survive is actually creating death. the opposite
Because want equals lack.
Therefore, when you suppress your fear of death, you are creating death in
your body.

Therefore, a certain part
of the body will send out
an alarm, which is pain.

Roller 2020-11-14 08:04:26

Wanting security is
actually an anti-survival programming
approach. (2020-11-14 08:04:34)

Yes, you won't die if you don't want to live.

Lester Levenson (The Sedona
Method) said you can keep your body forever.
(Yitian, 2020-11-14 08:06:19)

If being pricked by a needle still causes pain,
does that mean I haven't achieved freedom yet? (Wind,
2020-11-14 08:06:20)

Leicester's ankle hurts
even after he's freed; it
depends on whether you
return to the world.

Yitian 2020-11-14 08:07:19

Where there is pain, there is a process.
Pain itself is a process

Roller 2020-11-14 08:07:28

Yugananda Vivika

Nanda Wind 2020-11-14 08:07:58

These feelings are
something he brought
into himself; otherwise,
he wouldn't be able to
communicate with others.

After gaining freedom, you can
choose to let in a feeling;
physical pain is achievable.
This is about skill level.

No pain, perfect body - that's only the second level.
A higher level involves causing
physical pain, but not becoming a
physical pain. Lester has a
pre-recorded audio specifically about
this.

Yitian 2020-11-14 08:14:00

The pain of being burned is absolutely unbearable by simply enduring it.

Wind 2020-11-14 08:15:06

Before you get there, you can't imagine it with your mind.

By the way, when you release your pent-up desires, do you also reflect on your emotional state?

state?

Or look at the corresponding event.

Roller 2020-11-14 08:16:18

I go to see it occasionally

However, generally

speaking, looking at the current

situation, it seems like the

author wants to use the Heaven

Sword and Dragon Saber

(2020-11-14 08:17:17).

You mean it's

unnecessary? (Wind, 2020-11-14

08:17:29)

Follow the vine to find the melon. The corresponding event and emotional state are the vine, and the desire is the melon. Once you've found the melon, don't go back to find it.

That vine

[laughing out loud]

The vine helps you reach the melon; once you've reached the melon, why would you go back to touch the vine?

Yitian 2020-11-14 08:18:04

Do you remember the chapter in the Agamas about a monk choosing suicide to attain enlightenment? @风风2020-11-14

08:18:09

Yes, I have

Roller 2020-11-14 08:19:19

I feel that behind all emotions lies a desire for recognition and a desire to be recognized. The main focus beforehand is on releasing these two desires.

Sure, it's possible.

Wind 2020-11-14 08:20:28

certainly

That's what Lester Levenson (The Sedona Method) was talking about.

The course may be trying to cover all the content in a short time and provide you with all the tools, so it also mentions what you want.

Safety

Roller 2020-11-14 08:20:50

When I'm scared, I mostly want to control the scene. (2020-11-14 08:21:00)

However, in the advanced class, Lester usually has you release two desires first and then go directly to the fear of dying.

Roller 2020-11-14 08:21:06

These two desires are actually driven by one thing: the desire to survive.
(2020-11-14 08:21:19)

Um

The desire for survival drives the desire for recognition; the desire for recognition drives the desire for control.

You want to survive as a body, so you develop a fear of death (the desire to survive). To survive, you crave the approval of others; you feel safe that way.

But when you seek validation, others don't give it to you, so you want to control them. You want control and validation as two basic things. Feeling has developed into nine types of emotion , and these underlying emotions have developed into thousands of feelings. Then each feeling developed into thousands of thoughts.

From about releasing to the That 's how
they say it, and also the "feel good"
check .

This is the sixth step of the method.

Many feelings, when you ignore them, may seem fine; you might
feel comfortable in your current state. But when you do
acknowledge them, you won't really call them "good feelings."
So you really won't consider many feelings as "feel good".

You felt a little better after you released.

But you ask yourself "do" I feel "Good ?" It wouldn't be " feel. " good
So you can continue to release.

If you feel bad, of course you'll want to control or want to be recognized.
You've simply developed a tendency to seek happiness
from the world (the desire for control and
approval). What you're looking for in the world is
either control or approval.

Therefore, wanting to control and gain acceptance equals the world.

This Lester Levenson (The Sedona Method) in the The way
mentioned that I experienced being infinite during my first retreat.
(2020-11-14 08:34:42)

It's hard to imagine that such a small feeling of
wanting could have formed this world. When I
express that want, I don't seem to feel anything.
Quantity over quality?

[Laughing] Wind 2020-11-14 08:35:40

no

I am Infinite 2020-11-14 08:35:59

Then I completely misunderstood. I thought the final
desire was two huge desires. (2020-11-14 08:36:00)

When you have no desires, your senses will not flow
outwards; they will naturally shut down and you will
spontaneously enter a state of samadhi.

This happens frequently.

At this moment,
the world ceases to exist. I am
infinity. 2020-11-14 08:37:08

@Wind, do you have a huge
desire to release, or not just
these weak desires?

Wind 2020-11-14 08:37:09

Previously, meditation was needed to
leave the world; now, meditation is no

longer needed, which is a huge
benefit.

Wind 2020-11-14 08:38:15

If your release feels shallower, it's because you
haven't "mastered balance" on a bicycle. (I am Infinite, 2020-11-14
08:38)

How do I find
it? [Facepalm] Wind
2020-11-14 08:38:23

In other words, you haven't yet
experienced the feeling of releasing
what you want. Releasing what you want
is deeper than releasing emotions.
Each time you release your desires, you
feel many emotions dissipate together,
bringing a deeper level of tranquility.

I am Infinite 2020-11-14 08:39:41

Can you directly feel
the emotions dissipate? (Wind,
2020-11-14 08:39:49)

Um

I am Infinite 2020-11-14 08:39:50

I haven't done it yet [laughs]

I think we're still in the stage of finding what we want.

2020-11-14 Talking about the Tao Te Ching

Fangfei 2020-11-14 12:28:10

Friends, I have a question. The Tao Te Ching says, "The Way of Heaven takes from those who have too much and gives to those who have too little." So, when a person reaches the state of "perfection" or "infinity," does he not follow the laws of the Way of Heaven?

I am Infinite 2020-11-14 12:29:32

@Fangfei This can only

be answered by the wind @Fengfeng

2020-11-14 12:29:55

The way of Heaven is to take from what is in excess and give to what is lacking.

The way of man is different.

If one takes from the poor
to give to the rich, who can
have enough to give to the
world? Only the virtuous can
do so.

Note that in the Tao Te Ching, the terms
"the Way of Heaven" and "the Way of Man"
are used in contrast to "Heaven," and
"oxen and horses" are examples of this.

A person who falls from grace will have their nose pierced by a bull.

In the pre-Qin traditional context, the
distinction between Heaven and Man implies
that nature and human actions tend to have
a reciprocal tendency.

In other words, the force you
apply in one direction will bounce
back; if there is a defect, it
will be filled.

If there are excess things,
they will be cut off. (I am Infinite
2020-11-14 12:34:01)

How do I understand?

The Tao Te Ching can be explained so clearly.

Wind 2020-11-14 12:40:16

This is only the standard version. The reference texts are mainly from "Silk Text A" and "Silk Text B". Han bamboo slips are used for correction, and Chu bamboo slips are only for reference.

refer to

Fangfei 2020-11-14 12:40:43

If someone possesses wealth, fame, beauty, outstanding children, and a happy family—a life that seems " perfect " to everyone— wouldn't it be subject to "cutting off" by the forces of Heaven?

Wind 2020-11-14 12:41:26

Of course

Even with a house
full of gold and
jade, no one can
remain arrogant
and proud, lest
they bring
disaster upon
themselves.

Therefore it is said,

"Act without claiming credit, achieve
success without dwelling on it."

(2020-11-14 12:42:29)

[Facepalm] So I must have become enlightened by now, right?

Wind 2020-11-14 12:42:44

Only by not dwelling on past
achievements can one truly
succeed; otherwise, those
achievements will surely
vanish.

Wind 2020-11-14 12:45:18

All things arise and
flourish, and I
observe their return.
All things, in their
myriad forms, return
to their root.

Returning to the root
is called stillness;
this is called
returning to one's
destiny. Returning to
one's destiny is
called constancy;
knowing constancy is
called enlightenment.
Not knowing constancy
leads to reckless
action and misfortune.

If one does not understand that the occurrence and disappearance
(phenomena) of things are constant, then one will act arbitrarily, and the
result will be...

It's bad

However, you cannot remain inactive,
because "favor and disgrace should both
alarm you, and great calamities should be
regarded as your own life."

What does it mean to value a great
affliction as one's own body? The reason I
have a great affliction is because I have
a body. If I had no body, what affliction
would I have?

Because you have a body, you will inevitably be "startled
by gaining it, startled by losing it; this is what is
meant by being startled by both favor and disgrace,"
because all your reactions will be aroused by "having a

body.”

Angel 2020-11-14 12:50:49

Is it a pattern that those who
overshadowed their rulers in ancient times were
killed? (Feng, 2020-11-14 12:52:06)

Some personal interpretations of the Tao Te Ching

Fangfei 2020-11-14 12:52:17

Teacher Feng, do you mean that as long as a person remains
unprovoked, their “perfection” won’t be dictated by the laws of nature ? Is my
understanding correct? @Feng

Wind 2020-11-14

12:52:36

He achieved success but
did not claim credit.

No part of myself is saying,
“This is what I did.” That’s how
I understand it.

When you say, “This is what I did,” you gain
something, and you lose something else. (Fangfei 2020-11-14
12:55:48)

As Lester Levenson (The
Sedona Method) said—it’s God who makes
the wind. (2020-11-14 12:55:50)

The Tao Te Ching also says, “Those
who cling to things will surely lose them; those
who act will surely fail.” (Fangfei, 2020-11-14
12:55:57)

Feng is so
knowledgeable, I
listen attentively
and admire him.

In other words, we can achieve perfection without any loss, as long as it’s
not the “ego” that’s doing it, but rather the will of Heaven.

to just do it ?

Wind 2020-11-14 12:56:09

Make way for yourself
Self-awareness, sense of ego

If we combine Leicester’s statement with this, then...

Huixuan 2020-11-14 12:56:59

@Wind Thank you, I can finally see things beyond the six steps, I've benefited greatly.

Wind 2020-11-14 13:00:06

You won't feel like you did it, you won't feel like you were the one doing it; you're not the actor.

D 2020-11-14 13:01:08

I remember a Buddhist master being asked about the release method in a live stream. He commented that Lester's release method has a thousand merits, but its only drawback is that it easily makes one feel like a "doer," saying, "I, as an individual, am performing the release." @Wind

You can find many ancient and profound sayings in the Tao Te Ching: "To achieve success without dwelling on it."

For example, consider the concept of relativity - length and shortness contrast each other, high and low incline towards each other. (2020-11-14 13:01:15)

Yes, in a dualistic world, there is always good and bad.

Could you share how you specifically released your appendicitis symptoms? - Releasing the feeling of emptiness behind the pain and then feeling - I don't have appendicitis? - Is this the process? @D

D 2020-11-14 13:01:29

That Buddhist master didn't actually read the whole thing. Lester said that to release oneself from the identity of the creator is to release the fear, resistance, and desire to control it.

@Fangfei

Then you'll feel "perfect".

2020-11-14) is a simple method, easy to master, and easy to benefit from.

Susan Lee 2020-11-14 22:25:58

When will Feng come out and say where he will go next?

Roller 2020-11-14 22:26:13

I don't know either.

Susan Lee 2020-11-14 22:26:22

Before going home,

they said goodbye to us .

(2020-11-14 22:27:06)

I am not free yet, I am just continuously
releasing myself. Don't treat me as a master;
my method of release is an independent
approach.

Let's all cheer each other on!

Roller 2020-11-14 22:27:32

Keep it up, everyone!

Listening to the Cicadas in the Evening Breeze 2020-11-14 22:27:46
come on!

Susan Lee 2020-11-14 22:28:40

@Wind, are you just one step
away from freedom? Wind 2020-11-14 22:29:09

I just don't want to speak
much anymore because I've
said enough.

Everyone is the same; there's no
such thing as a teacher-student
release method, which is a
simple approach.

It's easy to learn and easy to benefit from.

2020-11-16 Kriya Yoga can only be learned in the
institutions left behind by Yogananda.

Gaia Breathing

Wind 2020-11-16 23:52:17

I can teach you the techniques, but I'm not qualified to pass on the
teachings.

You shouldn't use it anymore. If one day your family and
friends don't accept the liberation method, you can teach
them generation after generation through the lineage of
the guru.

The Chinese translation of the phrase
"inhale and exhale, inhale and exhale"
is problematic.

The word "息" here is yama.

If you loosely clench your
hands, leaving a tube to
form a flute shape...

When you blow air into
your hand, it feels
warm; when you inhale,
your hand feels cool.

When you inhale evenly through your mouth
and nose, your throat will feel cool; when
you exhale evenly through your mouth and
nose, your throat will feel warm.

Straighten your spine, face east towards the rising
sun, and adjust your alignment with the magnetic
poles. You can use a wool blanket to insulate
yourself from the earth's current.

You can use olive oil drops in your throat to
enhance its sensitivity to breath, and focus
your awareness on your center of
consciousness, which is the space between your
eyes and your eyebrows.

Inhale evenly through both mouth and nose

When inhaling, the tongue presses upward, naturally and easily expanding the throat. Focus your attention on the barely audible sound that is produced naturally. When exhaling, focus your attention on the barely audible "e" sound of the breath. You will feel a cool sensation as the airflow passes through your throat. As the exhaled air flows through, a warm sensation will be felt. Beginners should only perform fourteen Kriya breaths; otherwise, the energy generated will be too much for the body to handle. After fourteen breaths, life force is released from the heart. Focus your attention on the spine.

At this point, life force naturally surrounds and magnetizes the spine, and the brain structure is also moved.

In the Bhagavad Gita, the phrase "inhaling into exhaling, and exhaling into inhaling" refers to the control of Prana (breath).

The separate processes of inhalation and exhalation are combined into Pranayama, which uses apan (the elimination of energy flow) to prevent changes in the body's growth. When you inhale, the lungs expand, oxygen is supplied, and the heart continues to function.

At this time, some of the energy released by the heart is sent into the exhaled breath, and the carbon dioxide is cleared away, thus releasing energy.

Calories

When a normal person breathes, most of the energy is locked in the heart to maintain heart activity and cannot be used to activate the spine and brain.

Breathing evenly through the mouth and nose reduces the burden on the heart, causing the heart to beat more calmly and at a lower frequency.

This will send more oxygen into the lungs, and that extra oxygen atom will promote the flow of life force. You can only learn this method in the institutions left behind by Yogananda.

No one has ever made it public.

I don't know if it's okay to just say it directly.

Explanation of the three knots (November 17, 2020)

Mary Sea 2020-11-17 08:26:10

I almost forgot, I should have added three more words: "I allow myself to receive xx yuan solely through release within xx days."

or more

Wind 2020-11-17 08:28:45

This is a standard goal. This chart -based method can be used to implement target release.

I also failed

for six years. I am

Infinite. 2020-11-17

08:29:04

Where? Didn't you discover a new method three years later? (Wind, 2020-11-17 08:29:20)

If there's no continuous release, it's a failure; it's stuck.

I am Infinite 2020-11-17 08:29:44

Is it possible that we might also be stuck for a few years? (Wind, 2020-11-17 08:30:06)

Using six steps, the wind that doesn't know how to do it 2020-11-17

08:30:06

I didn't fully understand the six steps before.

After understanding it, I no longer get stuck on the road. (2020-11-17

08:41:28)

Could it be that we haven't understood the six steps either?

That's why you think we need to wait until we actually see the six steps, otherwise we'll continue to be stuck. (2020-11-17

08:42:26)

Okay, one person with experience is enough. (I'm Wuxian, 2020-11-17 08:42:38)

What exactly is the experiential level? (Posted by Feng, 2020-11-17 08:42:40)

That way he can answer all the questions.

Just as the Buddha said, after completing the first stage of the Four Noble Truths, one begins the second stage, which involves six steps.

When you first start using the six-step method, you're not using it completely. (I'm using it indefinitely. 2020-11-17 08:43:42)

I find that I really want to know what you're talking about.

Wind 2020-11-17 08:44:01

I am using six steps to
correct my path. I am
infinity.

Could you elaborate?

[Laughing] Wind 2020-11-17 08:44:03

sure

Actually, I explained this in detail yesterday.

"Venerable Sir! What is meant by 'enlightenment'? Venerable Sir! What is 'enlightenment'? What is 'following enlightenment'? Bhikkhu! The knowledge of suffering, the knowledge of the origin of suffering, the knowledge of the cessation of suffering, and the knowledge of the path leading to the cessation of suffering—this is called 'enlightenment'; this is called 'following enlightenment'."

Wind 2020-11-17 08:44:40

"Noble disciple! Contemplate suffering, the accumulation of suffering, the cessation of suffering, the path to the cessation of suffering, the path to the cessation of suffering, and the undefiled contemplation in accordance with the Dharma, and choose..."

"Selection, differentiation, investigation, awareness, wisdom, enlightenment, and observation—this is called right view, which is holy, transcendent, undefiled, non-attachment, rightly extinguishing suffering, and turning away from suffering."

Lester: Yes, that was the first step, and the first step in the method, wasn't it? You have to want freedom more than you want the world. Let me rephrase that slightly, but that's how it originally was. Because it didn't seem to make any real sense to people, we changed it to "You have to want freedom more than you want to be recognized and controlled," because being recognized and controlled is equivalent to the world.

But I think it's better to say, "You must want freedom more than you want the world." If you do that, your next action will be to turn away from the world, focus back on yourself, do what it takes to leave the world, and allow your infinite existence to simply exist here.

It's the same world.

So the first step is that you must desire freedom more than you desire this. If you can understand classical Chinese, you'll find that...

You can compare and see.

Let me explain it more simply.

Why do you pursue happiness in this world?

Wind 2020-11-17 08:46:33

Because you mistakenly believe, based on your experience, that happiness exists in the world.

Therefore, Lester Levenson (The Sedona Method) lets you discover that this world is miserable.

Therefore, Lester Levenson (The Sedona Method) makes you realize that this world is nothing short of tragic.

Fully experiencing this will develop an intelligence,
which the Buddha called the wisdom of seeing suffering.

Then you will see the cause of suffering.

The world is filled with suffering
because of your attachment and
hatred. Once these are extinguished,
your suffering will completely
disappear; all happiness resides
within you.

This understanding, this wisdom, is
what the Buddha called the wisdom of
the origin of suffering and the
wisdom of the cessation of
suffering.

Knowing that the world is suffering, knowing how suffering arises, and
knowing how suffering ceases—this constitutes a correct worldview.

Observe

The Buddha called it "right view".
Or it could be called "enlightenment" and "sage wisdom".
Guided by right view, all eight parts of the
path are presented before you. The Buddha
called this the Noble Eightfold Path, the path
to liberation.
The direction begins to change
This is the first step in the
six-step process. Therefore,
the six-step process begins
with an operating guide.

I am Infinite 2020-11-17 08:52:47

Are greed and hatred
simply a desire for control? (Wind,
2020-11-17 08:52:48)

When you truly and completely align with the first step, it will guide
you along the way.
"Greed" and "hatred" are two
directions of your desires, which are
three desires.
If you truly take the first step, every choice and action you take will
naturally tend towards freedom.

Wind 2020-11-17 08:53:57

Lester: Yes, that was the first step, and the first step in the method, wasn't it?
You have to want freedom more than you want the world. Let me rephrase that
slightly, but that's how it originally was. Because it didn't seem to make any
real sense to people, we changed it to "You have to want freedom more than you
want to be recognized and controlled," because being recognized and controlled is
equivalent to the world.

But I think it's better to say, "You must want freedom more than you want the
world." If you do that, your next action will be to turn away from the world,
focus back on yourself, do what it takes to leave the world, and allow your
infinite existence to simply exist here.

So the first step is that you must want freedom more than you want the world.

Wind 2020-11-17 08:54:32

"Noble disciple! Contemplate suffering, the origin of suffering, the cessation of
suffering, the path to the cessation of suffering, and the path of the cessation
of suffering. Contemplate the Dharma in accordance with the Dharma, without
defilements, by choosing, distinguishing, investigating, knowing, being wise,

opening one's mind, and observing. This is called right view, which is noble, transcendent, without defilements, non-attachment, rightly extinguishing suffering, and turning towards the end of suffering."

Wind 2020-11-17 08:54:47

Once you reach this point, every choice, distinction, inquiry, awareness, shrewdness, enlightenment, and observation you make will happen naturally.

Turning

Corresponding to the thought of non-leaking

"Wu Lou" is an ancient

translation, meaning that you are perfect and without flaws, and no longer seek happiness in an imperfect world.

Therefore, one should wholeheartedly and naturally change direction in every choice.

Therefore, reaching the first step of the six steps is actually what Buddhism calls the first stage of enlightenment, the stream-enterer stage, or the entry into the path.

Flowing fruit, wisdom liberation

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The first knot is the doubt knot.

With the entire road laid out before you, all your doubts are dispelled.

The second knot is the knot of self-view.

Having witnessed the imperfections of the world, you will not search for "me" anywhere, nor will you perceive the body as "me".

The third knot is the knot of taking vows and rituals.

Having seen the source of everything, you will no longer engage in rituals, believe that external forces are effective, or entertain the idea that they can lead to the end.

At the same time, the karma that could have led you to lower realms is completely eliminated.

This concludes the first step. The remaining five steps will naturally fall into your experience.

Besides in the The same applies to Lester's description in other audio recordings of "taking the first step, and every action you take will tend towards freedom."

Go All The Way 2020-11-17 09:05:28

Last night, my doubts surfaced. I stayed up all night reading my autobiography, but I didn't continue the release process because I started to doubt the release method, doubt myself, and doubt the achievements of the Wind.

Then I couldn't get out of bed today, I'm so tired. Unlike the previous two days, I didn't have a continuous release as soon as I woke up. I'm a bit stuck now, in AGF .

Wind 2020-11-17 09:06:48

It's perfectly normal to have doubts before actually getting to the six steps; these are things that happen repeatedly.

Go All The Way 2020-11-17 09:07:13

But this time the problem isn't like before. Before, I felt like I had no way to solve it, but today I know I can.

Step 5

Wind 2020-11-17 09:09:14

Because you won't truly dispel your doubts until the road is laid out. After the path is revealed, faith is established; the ancient translation is called indestructible pure faith, which is actually the achievement of the second step. Since you didn't see it, of course you'll have doubts.

on November 17, 2020 , you will then proceed with the release process.

Wind 2020-11-17 10:32:54

Don't misunderstand, the way to reverse direction in the release method is by constantly confirming your gain .

You gain benefits from releasing things, so you'll want to release more, for example, if you have an exam today.

If you have previous experience of successfully passing an exam through diligent study, you will continue to study diligently. However, if you succeed in passing an exam through release, you will want to undergo release to confirm that all your gains come from release.

get everything by releasing only

It is important to gain benefits at the beginning.

Let gain support you to achieve even greater gains .

Simply put, you will only turn towards the truth and take the first step when you see the world as equal to suffering and all happiness as originating from within.

As long as you still believe that happiness exists in the world, you will stop to pursue it.

dj 2020-11-17 10:36:36

Simply put, only when you see the world as equal to suffering and all happiness as originating from within will you turn to the wind.

(2020-11-17 10:36:42)

If you frequently listen to audio and watch videos, you'll likely notice that Lester often asks two questions. One is, "Have you ever experienced an inner picture changing, and the outer world immediately changing?" The other is, "Have you discovered that all happiness comes from within?"

You really won't take the first step until you discover this point.

In classical texts like the Agamas, it is described as seeing suffering and seeing the cause of suffering, but Lester's casual, colloquial way of saying it makes it easy to overlook.

So changing direction isn't about shouting "I want freedom," but about confirming that your gain comes from liberation.

Wind 2020-11-17 10:38:58

Nothing is outside the six steps

You can't just resist or hate the world; that won't work.

Unfortunately, when most people cry out for "freedom," what they are suppressing is their disgust for the world. But disgust and attachment are two sides of the same coin; they are desires in different directions.

You must actually take the first step at the experiential level for it to work through continuous release.

Continuously affirm your gains and the source of your

happiness.

Okay , let's release this feeling, from gaining a little benefit to gaining all the benefits. Nothing else to say. [Laughs]

2020-11-17 When "happiness exists in the world," one subconsciously seeks out happiness.

ZOEY 2020-11-17 11:18:02

@Wind, these past two days I've experienced that what I want actually makes me resist a lot, while what I don't want actually feels "beneficial." These external things I want/don't want are all illusions because I've given them meaning. What's the next step? Should I continue with the target process, etc., to pull out more negative steps?

Wind 2020-11-17 11:19:42

If you have something you
want, then go and do
it—that's what Lester
taught you.

The more you gain, the more you discover the true source of happiness.

ZOEY 2020-11-17 11:20:24

Take action, truly put into practice eliminating those negative things, instead of just remaining at the level of awareness, right? @风风

2020-11-17 11:21:54

When you truly achieve that, you won't
need to think about this question at
all; you won't need to think about
whether you want freedom or the world.

Every action and choice you make from now on will naturally tend toward freedom.

But when you still retain the possibility that "happiness exists in the world," you won't subconsciously seek happiness elsewhere.

This constitutes your goal.

You need to use this goal
to outline the program and
implement it.

Wind 2020-11-17 11:23:39

Only then will you
realize it's been
working on you all
along, and only then
will your direction
truly change.

The first step is not just a slogan

The six-step process creates a very perfect map.

You need to confirm what you've gained by letting go, until you discover that all happiness comes from one thing—

Infinite existence

ZOEY 2020-11-17 11:25:05

So, when we talk about achieving what we want, is this "wanting" directed towards the world? (Feng, 2020-11-17 11:25:39)

As Lester said, the world is completely miserable
If you suppress it, it will continue to affect you, and
you will never be able to take the first step. When you
do achieve it, you will find that you have not gained
the happiness you imagined.

At this point, you'll set your sights on the
next goal, your next desire for the world.
But when you achieve that, you realize you
still haven't found the happiness you seek,
and your desires will shift to the next
goal.

You will keep rising, constantly confirming the source of happiness.
Your direction will change until you experience that the source of all
happiness is "a quiet mind that allows more of the infinite inner being
to be revealed."

This completes the first

step; freedom becomes
your sole objective.
Next, as Lester said, you'll
automatically fall into the last five
steps, just like that [laughs].

Strategy 2020-11-17 11:30:49

@Wind, does that mean we still need to
fulfill our three desires first, and obtain
everything we want?

Wind 2020-11-17 11:31:26

It's not about fulfilling the three major
desires, it's about achieving the goals you
believe will bring you happiness. If you
suppress them, you won't get to the first
step, you'll never.

2020-11-17 If it is a target that harms others, during the
release, it will be...

correction

standlight 2020-11-17 12:35:50

I don't understand, is it acceptable if the goal does not conform to
general social norms or morality?

Wind 2020-11-17 12:37:42

In reality, if you release your feelings of "non-love," you won't choose to hurt others; you'll see that's foolish, because hurting others is equivalent to hurting yourself.

If the target is someone who harms others, during the release process, it will be corrected and you will find a target you truly want.

standlight 2020-11-17 12:39:20

@Wind, do you mean the target can be set freely, and releasing it will cause a positive outcome?

Wind 2020-11-17 12:39:52

Yes, letting go allows you to access your true inner self. The result of letting go is that everyone benefits.

It's not the kind of pattern that gains by harming others; the desire is simply to control and gain approval.

Once these "non-love" feelings are released, you will only encounter equal love, and you will make the right decision.

Lester calls this "inner guidance" or "intuition"—a natural ability that is simply obscured by emotions.

No decision made by any mind can be more correct than this.

November 17, 2020, truly ushered me into a period of sustained release.

Wind 2020-11-17 18:52:49

Six steps

Begin with six steps, end with six steps, and use your gain to confirm your direction.

Continuous release has become your "task," but this is not good because every release has its benefits.

This is what step six says: each release

feels easier and happier, and you feel
good, so keep releasing.
If you just force yourself to
release, you'll stop; you won't be
able to continue.
Because you are suppressing your desires for the world.
My method is to constantly confirm my gains and my direction.

For example, she's about to listen to music.
What does she want to get from the music?
Can she get that from the release?
Can I give it a try?

Continuously confirming your gains can help you maintain a sustained
release.

If you say, "I can do it, I have to let go, I can't listen to music,"
it won't work because your subconscious is focused on listening to music, and
that's been suppressed.

Your conscious and
subconscious minds are
pulling you away from
seeing it, but this
won't work; you won't
actually enjoy anything.

you don't need enjoy anything Be joyful!

Write down the possibilities that you think could bring you happiness.

In your opinion,
where happiness is
not based on reason?
Where do you actually seek happiness?
If you suppress these desires, you will not be able to take the first step.

You can force yourself to do homework and work, but you can't force
yourself to release yourself .
Let me elaborate on Leicester's favorite teaching, get everything by
releasing only

What do you want? How are you going to do it? Why not
get it through release? This is how you practice.
You choose to release
Sometimes you might spend an afternoon doing other things, but not
releasing [the pent-up emotions].

That's because your
subconscious is seeking
something you can't force
yourself to release.

You need to see what you are seeking and ask yourself, "Can I get that from
release?", and see which way.

Easier and more enjoyable

Therefore, choose to release
That's why I say successful
experiences are important; you
have to gain benefits first.
You won't do something if
there's no benefit to it; that's
your mindset. It will try every
means to avoid and resist
releasing.

I remember saying before that focusing on step six truly put me into a
state of sustained release.

【picture】

【picture】

Why do many people feel sleepy as soon as they release stress?
It's very simple: compared to forced
release, sleeping makes you more

comfortable; the mind always tends to do
what's more comfortable.
That's why "Leicester" always wants you to confirm your gain .
This is important.
Step six cannot be ignored.
Therefore, you need to
continuously reap the
benefits starting with
each release.
You should feel better with each release.

You can only continue doing this if you do it this way.
Once you feel compulsion or
exertion, immediately relax and
release the urge to control.
If releasing makes you feel more comfortable
than sleeping, you'll naturally tend to
release. It's really that simple.

So I said you haven't seen the complete
road, so naturally you'll have doubts.
But if you experience the six steps,
you'll know its perfection.
All the guides to "Leicester" are about it.
Without it by your side, you might stray from the right path without
even realizing it.

November 17, 2020) , just be aware that you're
escaping; the next release will come.

Decision. Release your desire to change your feelings.

Yitian 2020-11-17 20:30:11

@Wind still sometimes wants to escape, and releasing that urge
requires a lot of effort to overcome. It's about releasing the urge to control the
escape, and then I'm a little unsure how to proceed.

Wind 2020-11-17 20:30:15

Need not

Yitian 2020-11-17 20:30:11

, confirming the gain wasn't
very noticeable . (2020-11-17 20:30:30)
release take no effort
zero
Seeing heavy feelings will
make you uncomfortable,
but you will feel
comfortable after
releasing them.

Yitian 2020-11-17 20:30:11

So how does one
continue while trying to escape?
(2020-11-17 20:30:23)

I can't seem to
find the right feeling. @风倚天
2020-11-17 20:30:25

This is why I stopped working these past few days.

Wind 2020-11-17 20:30:36

When you're trying to escape, simply becoming aware that you're
escaping, and then making the next decision to release yourself, is
how you achieve liberation.
vague feeling

Releasing your desire
to change your
feelings is the fifth
step.

The era of the Internet of Everything 2020-11-17 20:31:42

What I released today is
making me irritable tonight. (Yitian,
2020-11-17 20:32:46)

@GoodWind. Facing heavy feelings, letting go helps, but as they
resurface, I feel frustrated and angry.

anger

Huixuan 2020-11-17 20:33:57

@The wind has been released for too long, what if it's not
completely released? Let it release completely this time, and feel it again
tomorrow. There's still wind. 2020-11-17 20:34:00

It can be released all at once.

Yitian 2020-11-17 20:38:11

So they will want to escape.

It's normal for it to recur if you release it repeatedly.

Because once you stop releasing, the
feelings will develop into more feelings,
just like trees growing.

Huixuan 2020-11-17 20:39:52

I mean, I felt clean and happy, and I'll
definitely feel that way again next time. (Yitian,
2020-11-17 20:39:55)

How can it be released all at once? If it keeps
recurring, is it stuck? (Wind, 2020-11-17 20:40:04)

Lester Levenson (The Sedona Method) once said that one should continue to
release oneself in a state of pleasure.

dig down

In a pleasant state, you are more able to access
deeper, repressed feelings and take the
opportunity to release them.

Two people 2020-11-17 20:40:15

@Wind was much better for a while, but
jealousy resurfaced. (Wind 2020-11-17 20:40:19)

Only then can it be released all at once.

Otherwise, you're just constantly experiencing pleasure,
then falling, then experiencing pleasure again. When will
you ever truly be free?

Go read that article. high to The release
mentioned this issue. (2020-11-17 20:40:38)

It's hard to let go of a problem!

But life can change . (2020-11-17 20:40:40)

Once you've released it, the problem will
completely disappear from your mind. It won't
reappear.

(2020-11-18) is similar to many psychotherapies and other
spiritual practices.

What exactly is different about the laws?

Yitian 2020-11-18 03:51

Many psychotherapies and other spiritual practices also talk about
emotional release. How is the emotional release in the Release Method different
from theirs?

Roller 2020-11-18 03:52

That's called psychological stress relief.

It only makes you feel good temporarily.

The release method helps you eradicate emotional programs and prevent them from continuing to control you; therefore, the release method truly empowers you to become the master of your emotions.

Yes. The more you get caught up in the story, the more despair you feel. (2020-11-18 03:57)

The facilitator may not even know what the other person released until they have completely released their emotions; the facilitator doesn't need to ask what the other person was troubled by.

Roller 2020-11-18 03:58

So I gradually realized that everyone is truly unwilling to let go of their precious possessions. That painful feeling...

Because once I let go, I can't let others
believe how miserable I am. (Yitian, 2020-11-18
03:59)

A therapist needs to know a lot about your private life, while a
release therapy facilitator doesn't need to know anything about your
situation.

@Roller, you need to explain clearly how the release method actually
eradicates the program.

Roller 2020-11-18 04:24

I don't want to explain it clearly. I can only understand it more and
more through experience.

Yitian 2020-11-18 04:24

How exactly do we program?

Roller 2020-11-18 04:25

I just want to be an obedient elementary school student and do as I'm
told.

I need to be patient with myself and truly and simply let go.

I'm going to tell you this. I could write a paper about it, but it
wouldn't be of any use to you. Just listening to me without experiencing it
yourself is utterly useless.

Just like the six steps the wind told me. He explained it to us many
times, but we couldn't understand it until we had experience with
it. It's simply about doing it and verifying it.

What exactly do you want? Talking about freedom? Sure! I can talk to
you about it while I'm free. [covering mouth]

Roller 2020-11-18 05:13

I'm slowly beginning to understand what you asked us to do yesterday:
write down the ways we find happiness. As you increasingly discover that the joy
and pleasure derived from releasing joy outweighs all other methods, you'll be
able to release more often. This is the importance of step six—you'll be more
inclined to do it more often.

Because the subconscious tendency to seek happiness in the world
is too heavy, it must be gradually redirected through positive
actions. (2020-11-18 05:16)

Yes

Roller 2020-11-18 05:16

I feel like I'm growing to some extent every day.

That's awesome! Getting this
notebook is so important! [covering
mouth] I need to slowly adjust my
habits.

I'm going to include this in my list of takeaways too!
[laughing][laughing][laughing]

Roller 2020-11-18 05:33

Moreover, to check if you are releasing correctly each time, look at the sixth step of the Golden Six Steps. It must conform to the sixth step of the six steps. When you feel happier and more joyful each time you release, I mean every single time, you will want to release and clear out the garbage!

This is where the value of the notebook becomes apparent. When you feel unmotivated, looking at it and reviewing it helps you realize how many benefits you've gained from this process.

You will then change direction and proceed to the six steps! This is how the golden six steps are used!

Don't force or control yourself by shouting slogans in the first step; that will only backfire! Lester said you'll get what you want ; it turns out he just wanted you to officially enter the golden six steps.

What we teach in the market is misleading.

Doing it a hundred or a thousand times will make you happier and more joyful.

Why not do it?
What do you want me to believe
in? You haven't even done
anything to release anything.
I don't want
to talk about
those things;
I just want to
say that the
six steps rely
on his
verification.
I just want to give you motivation.
I couldn't find the
feeling of release when
I was translating
emotional guidance
videos.
I see everyone in the group has had a
great experience. I'm also very
anxious !
Looking forward to you taking flight

Roller 2020-11-18 06:50

You don't need to be clear
about it. Just practice
slowly and gradually make
the feeling clearer as you
continue to control it.
The standard for judging your release is step six.
Does the "Golden Six Steps" mention a clear and
particularly noticeable release experience? Does it need to
originate from the chest? Why let the program you want to
control drive you?
If you do it a hundred or a
thousand times, you'll be
happier and more joyful, so why
not do it?
What do you want me to believe
in? You haven't even done
anything to release anything.
I don't want

to talk about
those things,
I just want to
talk about the
six steps.

2020-11-18 Release the desire to control, and the sense of control will naturally emerge.

Wind 2020-11-18 18:31

Release the desire to control,
and the sense of control will
naturally emerge. Control is a
good thing.

As we know, control isn't a bad word, nor is it a bad thing; it's the "desire" to control that is. When we are free , we can completely control the entire universe with just a simple thought. When you become free, your mind is quiet, without any thoughts, so any idea you put in your mind will materialize and come to fruition. But currently, your mind may be...

Thousands upon thousands of thoughts troubling me, and all of them are related to AGFLAP . Every atom in the universe can listen to you.

This is what Lester Levenson (The Sedona Method) said.

How are emotions formed? (November 19, 2020)

Yiman 2020-11-19 10:12:18

@Fengfeng , I'd like to ask, are emotions formed by the stories we create in our minds using various feelings? Or...?

the N feelings it encompasses ?

Wind 2020-11-19 10:14:10

This is a very efficient method, and it's a very simple method. We have the complete picture, the mind and feelings you have to work with. We have the diagram, in which you understand your subconscious mind, releasing thoughts and feelings. How are they released together? How are those surface feelings encompassed by a few less basic feelings we call emotions? How are these emotions encompassed by two basic feelings?

We attack them, and we can eliminate all sensations! It's so basic, therefore extremely effective.

最基础的部分是你的 No.1 程序

- 心智是你思想和感受的总和
- 感受驱动所有的思想
- 一种情绪 (emotion) 涵盖在它之下的所有感受
- 两种基本感受 (想要控制和认同) 涵盖在它之下的所有情绪
- 以上这些都被一种最基本的感受——想要生存 (对死亡的恐惧) 所涵盖
- 因此一切感受都是“生存程序”，一切思想都是围绕着维持我作为一具身体而生存

@Yiman has finished summarizing.

November 19, 2020: Is it better to release boredom or utter despair?

corldraw 2020-11-19 10:18:11

@Hello Feng! Do you mean releasing all nine emotions, or just the smaller emotions within those nine emotions? For example, if you're bored, do you mean releasing boredom or releasing utter despair?

Wind 2020-11-19 10:18:20

Releasing utter despair is more effective than releasing boredom. Releasing the underlying desire for control and validation is more effective than releasing the despair itself.

Lester Levenson (The Sedona Method) mentioned that the method he discovered differed from any existing traditional methods.

(Lantern 2020-11-19 10:19:36)

@Wind knows that this release method suits me better, but a deeper understanding will broaden my perspective.

Wind 2020-11-19 10:19:44

Similarly, Yogananda's interpretation of the
"Nabhikapa" samadhi also aligns with the six
steps.

Golden 2020-11-19 10:19:50

@roller This is an insight
gained by someone after using
the Release Technique.

Lantern 2020-11-19 10:19:55

I haven't had any contact with those two. I've only been
exposed to Buddhism, the Tao Te Ching, and Christianity. (2020-11-19
10:20:10)

However, I won't talk about these things too much; I'll just let it
go.

come on

Roller 2020-11-19 10:20:29

This isn't his story. I've read it several times; he didn't even reach the first step of the six steps.

By using Lester's teachings to define awakening, we won't mistake the scenery along the way for the destination. Lester's description of the destination uses several words...

One is imperturbability, an absolute tranquility that cannot be disturbed by anyone or anything.

(He also explained that in Sanskrit it's called nirvana.) Wind 2020-11-19 10:50:14

Another description is easier to understand.

roller 2020-11-19 10:50:20

And also: Omnipresent,

Omniscient, Omnipotent (Wind, 2020-11-19 10:50:25)

all-knowing, all-powerful all-present

Omniscient, omnipotent, omnipresent

The place of awakening is here. When you reach this point, you are the infinite. (Beingness) is the only experience; everything else is just that.

Lantern 2020-11-19 10:50:30

Okay, I understand. I really benefited from this. Thank you.

2020-11-19 Staying still is utter despair; exerting force is fear.

DJ 2020-11-19 10:51

I didn't understand what Roller teacher meant when he said that staying still is utter despair, and exerting force is fear. (Wind, 2020-11-19 10:53)

Can you pinpoint where the stagnation lies and where you're overexerting yourself? (dj 2020-11-19 10:54)

@The wind is good, I'll slowly appreciate the wind. 2020-11-19 10:54

Look for Purple on the mood chart (2020-11-19 10:55).

Staying still is like not wanting to change, refusing to change; exerting effort is like

desperately wanting to change. (2020-11-19 10:55)

Allow yourself to get frustrated first.

Then you can release it at that moment, or you can release it later.

DJ 2020-11-19 10:58

@Wind I tried it, but I
couldn't release it
immediately. Afterwards,
the feeling wasn't as
strong.

You can always release it.

If you're stuck, you can
release what you want to
change; that will make you
feel better.

If the feeling isn't strong, and you feel like you've suppressed it,
and you want to experience that intense feeling again, you can also release the
desire for change.

Roller 2020-11-19 13:51

The sixth step is the testing standard for each release.

feel happier and lighter

Physical reactions are physical reactions. When you experience fear, worry, or doubt in response to these reactions, that 's your actual feeling. Does that make things clearer for you?

So, burping and farting are not the standard for determining release, let me emphasize again. The right way is if you feel happier and more relaxed each time you release.

If not, then please practice more, practice more. I can't practice for you.

Releasing is really simple; if you don't know how, just practice more. All the learning content you need is available on our official WeChat account. Don't focus too much on the sensations; let them go, continue releasing, and you can feel even more high. The release course didn't mention any physical reaction.

Roller 2020-11-19 14:00

it's just about your now feeling

Feeling good is feeling good, feeling bad is feeling bad; bodily reactions vary from person to person. Keep releasing.

2020-11-20 Every master of invention obtains their methods from Samadhi.

Wind 2020-11-20 19:33:06

You'll find that all the masters of invention initially used this intellectual approach because an awakened skill cannot be discovered "by chance."

It must have a strong will and continuous self-exploration.

Lester's discovery of the release method was a process of focused self-exploration; therefore, any method invented by the mind is incorrect.

A method can only be invented under one condition: highly focused self-exploration.

That is, in fact, the manifestation of the path that only occurs in union with God.

Wind 2020-11-20 19:37:09

When I first began exploring, I knew nothing about metaphysics or the path to

awakening. In fact, at the time I was against all religions and all metaphysics; I thought it was all nonsense, and only idiots or people who believed in fairy tales would believe it.

But it was only because of the intensity of the Desire to get the answers I had to have the answers, that they began to come, and they came relatively quickly. Over a period of three months time I went from an extreme materialist to the opposite extreme: the material is nothingness and the spiritual is the All.

But it was precisely this intense desire for the answer that caused it to appear automatically in a relatively short time. Just three months later, I went from one extreme of materialism to the other. Matter is nothing; spirituality is everything.

The wish to get the answer was so strong, that in spite of my mind being one of the noisiest of minds, the answers began to come. I automatically fell into things (I knew no words for them) like samadhi. I would concentrate on a question with such intensity that I would lose awareness of the world, lose awareness of this body, and then I would be aware of just a pure thought, the thought itself would be the only thing existing in this universe. That's absorption when the thinker and the thought become one. One loses consciousness of everything but that one thought. That's a very concentrated state of mind and the answer is always discovered Right there.

The desire for the answer was so intense that even with my mind unusually noisy, the answer still came. I automatically entered what is called samadhi (I didn't know the term at the time) . I would focus on a single question, the intense desire for the answer making me forget the world, forget this body; I only knew this one thought, this one thought that was the only thing existing in the universe. Concentration allows the thinker to become one with the thought. You lose awareness of everything else, only aware of that one thought. This is a very focused state for the mind, and you will find the answer is right there.

I started with What is happiness? What is life? What do I want? How do I get happiness? I discovered that happiness depended upon my capacity to love. At first I thought it was in being loved. I reviewed my life and saw that I was very much loved by my family and friends and yet I was not happy. I saw that was not it. Continuing, I realized that it was my capacity to love that gave me happiness.

I started by asking myself, "What is happiness?", "What is life?", "What do I want?", and "How can I achieve happiness?". I discovered that happiness depends on the capacity to love. At first, I thought happiness was being loved. But when I looked back on my life, I saw that even though I was loved by my family and friends, I was still unhappy. I realized that happiness is not about being loved. So I continued until I realized that it was my capacity to love that made me

happy.

The next question was What is intelligence? I persisted until Ah! I saw it! There is only one intelligence in the universe and we all have a direct line to it.

The next question was, "What is intelligence?" I explored until, "Ah! I understand!" There is only one intelligence in this universe, and each of us has a thread leading to it.

Then I worked on responsibility and discovered that I was responsible for everything that happens or happened to me. Creation was something I Created! Then I began to explore responsibility and discovered that I am responsible for everything that has happened to me or has happened. I am the creator.

Wind 2020-11-20 19:37:52

Every master of invention attains it through Samadhi; the mind cannot invent something that can awaken.

Method

Therefore, when Haier tried to improve his skills using his own intellect, he was unlikely to succeed.

Bethlehem Star 2020-11-20 19:38:37

Wow, this passage looks so clear now! I hadn't noticed so many things before.

Wind 2020-11-20 19:39:49

It was mentioned only briefly in my autobiography.
It made people think he was merely recalling happy moments in his mind.

Bethlehem Star 2020-11-20 19:40:27

Only after succeeding did I understand the method I used.

Wind 2020-11-20 19:40:33

But he was highly focused while doing this, and in fact, he unintentionally achieved samadhi, from which he continuously drew inspiration.
This method was invented.

How was the six-step process suddenly confirmed on November 20, 2020 ?

Wind 2020-11-20 21:11:16

You can make anything you want a part of your experience.

During the retreat, I also
achieved many goals, but I didn't
use a goal chart.

I've just listed out what I want to achieve.

Then they kept releasing the tokens, and later found that most of them
were successful.

Roller 2020-11-20 21:14:03

Have you taken the first step
during your seclusion? (Wind, 2020-11-20
21:16:07)

That later confirmed the six steps.

After confirming the six steps, I knew
something had completely changed. (2020-11-20 21:18:06)

How did you suddenly confirm the six-step process?

Later, I suddenly realized that it was the pre-stream in the Agamas.

Wind 2020-11-20 21:18:33

After reading the Venerable's explanation, I learned that it is also the confirmation of "Nybhāṣā" samadhi in yoga, which is the first step to achieving it.

Only after achieving the first step can you dispel your doubts; only when doubts are dispelled can it be considered "confirmation."

The entire road will appear before you.

You know directly how to get to the destination— you know it directly, without needing to think.

Then you realize that every action you take cannot go against freedom; this sense of changing the flow is very clear.

Do you mean you know all

six steps directly? (I am Wuxian,

2020-11-20 21:20:55)

@Wind

How long did it continue to be released?

I released myself for less than a week, then I went into seclusion to release myself for a whole week?

Wind 2020-11-20 21:22

Continuo

us

release

My sustained release wasn't about sitting there forcing myself to release; I wrote down many goals on it.

My inner monologue was a confirmation

of how I felt at
the time.
I released it once, and then I felt great.
I would say to myself, "Wouldn't it
feel better to let it out again?"
Let's verify step six.

Wind 2020-11-20 21:23:52

Then I got stuck, so I said, let's
verify step five and release the
control I'm trying to get to see if
things will get better.
I took a look, and haha, it
really went smoothly! I'm so
happy to release it again!
So the whole process was actually quite interesting.
It wasn't the ascetic
sitting there that many
people imagined; it probably
lasted for several days
afterward.
I was already
feeling very happy
when the insight
naturally emerged.
I know directly what the sole
source of happiness is, and when
you cover it up with feelings,
that is suffering.

Wind 2020-11-20 21:27:12

Pain is what limits your infinite existence.

The moment this realization occurred, I immediately felt that something had changed.

The release becomes very proactive; it doesn't need any of those paper goals to entice you—it's just about releasing, releasing, and releasing.

Then I reached the point I mentioned , and my entire mind suddenly detached.

In that instant, I felt all the power I was using in my mind go inward; I felt my entire body and mind turn in that direction, and then I suddenly knew exactly what to do next.

At the time, I thought those experiences were individualized, so I didn't go into detail about many things, such as how I would suddenly relax completely and straighten up when the physical stress was relieved.

Now I know this was bound to happen, because it is a prerequisite for entering Samadhi and one of the first few steps to reach "Nabhikpa" Samadhi.

Wind 2020-11-20 22:05:11

I delved into the last remaining limitation within myself.

(2020-11-20 22:05:20)

Is it a feeling of separation?

(Wind , 2020-11-20

22:05:29)

Yes, it's a sense of separation.

Then I retained just enough of that tiny bit of fear of death to barely contain the feeling of separation .

2020-11-20 Wind and Sky — What is the current state of the wind?

Wind 2020-11-20 22:10:29

Then I reset the
Agamas and I reset the
Bible.
Reset the Vedic scriptures

Tiancheng 2020-11-20 22:11:11

How are you doing
right now? (Wind, 2020-11-20
22:11:40)

Having cleared away all
karmic obstacles in the material
world, Tiancheng (2020-11-20
22:11:54)

Can something be
instantly materialized? (Feng,
2020-11-20 22:12:07)

I haven't tried it.

I've only done one material experiment, and that was with water.
Clearing away karma from the material world is actually me
seeing that what we call dreams is more real than the material
world; I see that the seeds I have about it have disappeared.
Accompanying this is the disappearance of sexual desire.

There is no difference between men and women.

However, I also know that I have retained the karma of my astral body
and the karma of my causal body.

2020-11-20 Wind and Sky — How can we move towards freedom more quickly?

Tiancheng 2020-11-20 22:58:26

I would like to ask you for advice.

How can I achieve freedom

more quickly? (Posted by Feng,

2020-11-20 22:58:47)

I can't give any better

advice than to keep

using it and use it to

its fullest potential.

I strongly suggest you use it

to leverage those goals in

everything you do.

By continuously acquiring

knowledge, we can promote

our own release and enhance

our motivation to release.

If you get into the habit of using

it for every goal you set, you'll

get there very quickly.

Tiancheng 2020-11-20 23:00:03

Um

Wind 2020-11-20 23:32:55

I will spend half a

day walking the entire route.

(Tiancheng, 2020-11-20 23:33:42)

Are you in your current state and can

complete the entire route in half a day? (Wind,

2020-11-20 23:33:49)

Um

Because I'm just trying

to suppress the feeling

of separation, since

it's actually impossible

to go back now.

Tiancheng 2020-11-20 23:34:22

Isn't this

tiring? (Wind, 2020-11-20

23:34:32)

It requires some
effort . (2020-11-20
23:34:36)

Press and
hold to separate the
wind. 2020-11-20
23:34:51

Because once you've truly achieved the first step,
implementing the subsequent five steps will be a
natural progression; I won't dwell on it for too
long.

I couldn't hold it in for too long.

2020-11-20 Wind and Heaven – How does wind truly achieve
the first step?

Tiancheng 2020-11-20 23:37:13

How did you actually manage to
take the first step? (Wind, 2020-11-20
23:37:34)

Implement the six steps
the gain from step six to
advance step one is a
perfect process.

Your usual search for
happiness in all parts of the
world will become your primary
goal.

But as you reap the rewards of letting go, you
will increasingly discover the source of
happiness until you discover that the sole
source of happiness is the infinite existence
within you.

You will lose all
external goals, and your
entire direction will
change.

Will reach the first step

When you reach the first step, you will fall into the next five steps.

My experience with the Wind Release Method on November 22, 2020

Yitian 2020-11-22 19:07:11

@Wind I asked you to write an autobiography, but you weren't
interested. How about you talk in detail about your experiences learning the
Liberation Method? That would also summarize your "Path to the Cessation of
Suffering".

Wind 2020-11-22 19:07:29

This is not the
"Extinction of Suffering" Daoist
Traces . (2020-11-22 19:08:26)

I think so
Is it okay to
release the "Traces
of the Dao" now?
That's what I came
into contact with
back then?

Why did we need to
learn the release method back then?
(Feng, 2020-11-22 19:09:37)

It should be 2014 .

Yitian 2020-11-22 19:09:45

If you've studied Buddhism so well,
why try the "release method"? (Feng, 2020-11-22

19:09:50)

Actually, I saw the lettering back
in 2013. The movie I saw back then
was "Triple Welcome".
I didn't pay much attention

[Wind's Chat Log]

Wind 2020-11-18 16:11:27

The feeling of meditation is wonderful, but
it also feels like a way to escape from
focusing my attention on a specific goal.

I don't know why this was done.

By focusing on just one thing, worries
quickly disappear, the body feels
light and at ease, and the mind
becomes joyful.

Emerging from it brings an
indescribable sense of calm, and a
strong connection is established
between the heart and the object.

Emerging from it brings an indescribable sense of calm.

Approaching any problem with this composure
leads to quick answers; this is how I tackle
my studies.

But when emotions arise, sometimes I find myself
unable to suppress them, and sometimes the
environment doesn't allow me to enter a meditative
state.

I feel like I'm being controlled by something.

That feeling of being driven by inner forces
hasn't disappeared at all; I'm just
suppressing them.

This became especially evident after I learned the release technique.

So I completely gave up on
the practice of meditation,
knowing that it wasn't the
right direction for me.

】

This is why I gave up meditation
Giving up Vipassana came later, at a later time.

Yitian 2020-11-22 19:11:00

Why give up Vipassana meditation?

Wind 2020-11-22 19:12:15

Because I personally experienced that the release method is more efficient.
And it wasn't because my "insight" practice was bad that it caused this.
Because my fellow practitioners all
believe that my "Vipassana" practice is
highly efficient, it's truly because my
method is more efficient.

Yitian 2020-11-22 19:13:50

Having a foundation in meditation
naturally makes practicing
Vipassana more efficient; it was
only after experiencing the
release method that I abandoned
Vipassana.

Wind 2020-11-22 19:14:16

Um

I am a pragmatist when it comes to spiritual practice.

I am Infinite 2020-11-22 19:15:36

Me, write it? That'll have to wait another ten years. I'll just write "The Days I Became Enlightened with the Wind" [crying]. I don't think that's important; enlightenment is the most important thing.

Yitian 2020-11-22 19:16:09

You've mastered Vipassana meditation so well, why did you still go to experience the release method? Was it just out of curiosity? @风我是无眼
2020-11-22 19:16:28

My own enlightenment is the most important thing. What's the point of other people's past? [laughs]

Wind 2020-11-22 19:17:30

I feel my progress in Goenka Vipassana has slowed down somewhat.

I went to ask the teacher about the problem of proving the result, and the teacher said, "don't..." expect

I am Infinite 2020-11-22 19:18:33

How well did that teacher do?

Why not have expectations? Maybe it's because you haven't accepted it yet. [facepalm]

Wind 2020-11-22 19:18:36

Goenka never claimed
to have attained enlightenment.

(2020-11-22 19:19:40)

[Facepalm][Facepalm][Facepalm]

Wind 2020-11-22 19:19:44

The senior disciples tend to
believe that this is a matter
spanning several lifetimes,
and that Vipassana meditation
involves more than one
teacher.

Vipassana has centers around the world

I am Infinite 2020-11-22 19:19:50

Okay, my turn. I'm
not giving up either. (2020-11-22
19:19:59)

I participated in the
Victoria Centre event. My ID is
Unlimited. 2020-11-22 19:20:47

I feel impatient my whole life

Wind 2020-11-22 19:20:49

You can register at other
Vipassana centers anytime. (I am Wuxian,
2020-11-22 19:20:55)

[laughing out loud]

I've seen it too,
but I didn't go there.
(2020-11-22 19:20:58)

Later, I began searching for
methods to quickly attain
enlightenment and finally

found the Sun Lun Zen
method.

Yitian 2020-11-22 19:21:10

Oh, Sun Lun's Chan practice was learned after Vipassana meditation.

Wind 2020-11-22 19:21:18

Sun Lun is the only one who promises to help you
attain enlightenment within weeks, months, or
years, depending on your individual karma.
But by then I had already seen Leicester.

Sun Lun's teachings view karma as
something limiting, and even after
attaining enlightenment, one is not
omniscient or omnipotent.

Yitian 2020-11-22 19:22:26

Did you know about the release method before you encountered Sun Lun's
Zen Dharma?

Wind 2020-11-22 19:22:37

Rather, it is known
before one is
subject to certain
restrictions.
It's just that it wasn't being used extensively back then.

Yitian 2020-11-22 19:23:00

How long have you
practiced Sun Lun's
Chan method? What
have the results
been?
How long can you meditate at most?

Wind 2020-11-22 19:24:10

It's more
effective than
Goenka meditation;
I can sit in it
for a whole day at
a time.

I am Infinite 2020-11-22 19:24:19

I read about Sun Lun's Zen teachings, and I found that
they weren't suitable for me. I couldn't even remember the rules.
(Yitian , 2020-11-22 19:24:23)
That's terrifying!

Wind 2020-11-22 19:25:20

Actually, there are no
rules, it's just about breathing heavily
. (Yitian, 2020-11-22 19:25:27)

Don't even try
[laughs] I'm Infinite

2020-11-22 19:25:38

Rapid breathing can cause tingling sensations on the scalp.
Before I came into contact
with cultivation, I tried using the
Heaven-Slaying Sword. (2020-11-22 19:25:40)
Breathing
heavily is tiring.

(2020-11-22 19:25:45)

Of
course
it will
be very
painful.

It aims to utilize suffering as a means of proof.

I am Infinite 2020-11-22 19:25:50

I suddenly wondered what would happen if I kept breathing
heavily? Then I tried it, and it was quite fun. (2020-11-22 19:26:12)

I feel numb all over.

I am Infinite 2020-11-22
19:26:19

How can suffering lead to
enlightenment?

Then you breathe heavily all day [facepalm]

Wind 2020-11-22 19:26:17

This suffering is not
something created, but
a manifestation of
karma.

I am Infinite 2020-11-22 19:27:10

Really? But it was caused by your breathing.

Wind 2020-11-22 19:27:15

If one has good karma, one can
also experience the bliss of
enlightenment by breathing
vigorously without constant
suffering.

Yitian 2020-11-22 19:27:39

Did you try some release methods before practicing Sun Lun's Zen
method?

Wind 2020-11-22 19:27:44

He's very stable once he gets used to Zhihu.

I am Infinite 2020-11-22 19:27:48

I think I read an article that said there's a fixed number of breaths,
and that breathing too much at once can shorten your lifespan
[facepalm].

Wind 2020-11-22 19:27:50

I've tried some

I am Infinity 2020-11-22 19:27:55

So I didn't continue trying
at that time. I remember it
was when I was a teenager
herding cattle .

Wind 2020-11-22 19:28:57

Then you will feel pain all over your body.

At this moment, hold your breath and observe the most intense
suffering described.

I am Infinite 2020-11-22 19:28:59

I missed an
opportunity for enlightenment .
(2020-11-22 19:29:10)

It will gradually
disappear without you even noticing.
(Yitian, I am Infinite, 2020-11-22
19:29:16)

When was the first attempt
at the release method made? (Feng,
2020-11-22 19:29:54)

Summer vacation before
the last semester of senior year (by
Yitian, 2020-11-22 19:30:10)

Returning to Sun Lunchan

What obstacles did "Sun
Lun Chan" encounter? (I am Infinite,
2020-11-22 19:31:36)

My whole body is
numb. I just tried the wind.
2020-11-22 19:31:40

Not a time limit

I am Infinite 2020-11-22 19:31:44

I'm excited to discover that
I might have a talent for
Sun Lun's Chan teachings.

Wind 2020-11-22 19:31:50

"Sun Lun Chan" has indeed
made me feel much more
relaxed; I've felt its
effect on diminishing karmic
habits.

But I found that releasing easily once is
equivalent to sitting there suffering for
several days. I experimented a few times, and
it's true.

It was hard to accept at first

Yitian 2020-11-22 19:32:30

Did you experience many special states of enlightenment during the practice
of "Sun Lun Chan"?

Yitian 2020-11-22 19:33:10

While practicing Sun Lun Chan, did you also try the release method?

Wind 2020-11-22 19:33:16

I tried it during my break.
One release is equivalent to
several months of my Goenka
Vipassana practice, or several
days of my ascetic practice of
Sun Lun's meditation.
Therefore, Sun Lun's meditation method
is indeed much faster than Goenka's
Vipassana and is a more efficient
method within the meditation system.

Yitian 2020-11-22 19:39:18

Spending long
hours meditating every day?
(Posted by Feng, 2020-11-22
19:39:30)

When practicing

diligently, I spend the whole
day relying on the Heavenly
Sword. (2020-11-22 19:39:32)

Sitting
here all day, feeling
the wind blowing.
2020-11-22 19:39:47

Even when I'm slacking off,
there are at least two or three hours.
(Yitian 2020-11-22 19:39:56)

Did you fix it yourself by
reading books? Without any guidance? (Feng,
2020-11-22 19:40:09)

I emailed the center
in Myanmar and they
said that just reading
that booklet is
enough, no teacher's
guidance is needed.

Yitian 2020-11-22 19:40:33

It seems they want to ask
Zen Master Sun Lun for
blessings. Did you make
that request?

Wind 2020-11-22 19:41:02

I read the prayer.

Buddha, Zen Master Sunlun

Yitian 2020-11-22 19:41:40

Over the course of two months, I practiced Sun Lun Chan (a form of Zen meditation) while also attempting the release method multiple times, right? (Feng, 2020-11-22 19:41:51)

I only tried
it a few
times, and
then gradually
increased the
number.

Yitian 2020-11-22 19:42:27

Did you experience that
feeling of release back then? (Wind,
2020-11-22 19:42:33)

I once released myself for an entire afternoon, and the effect
on my mental tranquility far exceeded my expectations.
Moreover, this was not the superficial tranquility I had
experienced during previous meditation sessions.

Yitian 2020-11-22 19:43:06

It's the kind of feeling you
described that won't be confused with other
experiences. (2020-11-22 19:43:09)

I clearly felt that the "volcano within" (the
subconscious mind) had calmed down, a feeling of
release I had experienced long ago.

Yitian 2020-11-22 19:43:56

Did you experience this
before you even met Sun Lunchan? (Feng,
2020-11-22 19:44:10)

Yes

I experienced it when I
first used the release
method, and at that time
I even recommended it to
some of my fellow

practitioners.

Some were dismissive, while others thought it was good. I even recommended it to a few senior students I met while studying Northern Transmission Buddhism; they used it to aid in reciting the Buddha's name.

[Laughs]

Yitian 2020-11-22 19:45:51

The summer before the last semester of senior year, is that the summer after the college entrance exam?

(Posted by Feng on 2020-11-22 19:46:02)

no

I had only heard of the Release Law before the summer vacation before the start of the second semester of my senior year.

"I didn't

really use it." (Yitian,

2020-11-22 19:47:37)

When was the first time I heard about the release method? (Wind,

2020-11-22 19:48:00)

I saw Letting in a Northern Transmission Buddhism group the year before. Go also downloaded the movie "Abundance".

Yitian 2020-11-22 19:49:17

I saw the lettering in 2013 . The movie " Go" should be
your first encounter with the release of French style. (2020-11-22
19:49:47)

It must have been an unexpected encounter with Haier, because the triple
welcome isn't strictly speaking a release technique [laughs].

Yitian 2020-11-22 19:50:14

2014 , Zitian Xiu Sun Lun Chan further attempted the release method.

Wind 2020-11-22 19:50:41

At that time, we
weren't practicing Sun
Lun Chan; we were
mainly practicing
Goenka.

Yitian 2020-11-22 19:51:13

Did you practice Sun Lun Chan in the summer of 2015 ?

Wind 2020-11-22 19:51:18

After studying abroad, I attended several courses at the Victoria Vipassana
Centre.

Sun Lun Chan practiced in 2015

Yitian 2020-11-22 19:52:45

2013 Contact Release Method

2014 Vipassana Practice

2015 Xiu Sunlun Chan

Wind 2020-11-22 19:53:05

Pa Auk Sayadaw began
practicing in junior high school .

(2020-11-22 19:53:16)

Second year of junior high?

Practicing

internal alchemy on the
first day of the lunar
month? (Posted by Feng,
2020-11-22 19:54:34)

Second semester of eighth grade

Neidan Primary

School began researching Yitian
(a martial arts technique).

(2020-11-22 19:54:02)

I only learned
about Qigong in
the second year of
junior high school
and read "Wuzhen
Pian" in the first
year of senior
high school. Yours
is too early.

Wind 2020-11-22 19:57:37

When I was in elementary school, I read the
Four Books and Five Classics and also saw some
Buddhist and Taoist books. At that time, I
wanted to cultivate superpowers.

Therefore,

the study of Neidan (
internal alchemy) is
based on the principle of
"Yitian" (2020-11-22
19:58:06).

Me too

Want to have
superpowers
and be able to
fly

Have you

memorized them all?

(Wind, 2020-11-22

19:59:10)

I memorized some
Yitian 2020-11-22 19:59:24

Do you
understand it? (Wind,
2020-11-22 19:59:39)

good

Pay special attention to
the practical parts. (Yitian,
2020-11-22 20:00:01)

Then they must be
number one in Chinese. (Feng,
2020-11-22 20:00:16)

His grades
have always
been
excellent
and he has
never fallen
out of the
top three.

Yitian 2020-11-22 20:00:55

Does practicing
internal alchemy at a primary
school level result in any
sensations? (Feng, 2020-11-22
20:01:06)

have

Yitian 2020-11-22 20:01:06

For example, the Ren
and Du meridians
[laughs]. No wonder,
you're a virgin
entering the Dao.

Wind 2020-11-22 20:02:10

After thoroughly understanding the concepts of
focusing the mind on the acupoints and
lowering the heart, I once experienced the
Three Passages descending lower and lower
until I was suddenly drawn in at the navel.
The thought that
comes to mind
but cannot be

brought up is
located in the
back of the
abdomen?

Wind 2020-11-22 20:04:09

After a while, I came to my senses, and then a surge of energy rose from my tailbone, traveled up my spine, and reached the back of my head and...

Top of head

Then I felt
completely
intoxicated
and it was
wonderful.

Yitian 2020-11-22 20:04:46

Those who
attain it are often like
those drunk in the wind.

(2020-11-22 20:05:18)

Of course, the feeling of
practicing meditation later was even more
wonderful . (Yitian, 2020-11-22 20:05:30)

Guanweilu, Tongniwan

You have verified the "Medicine Mirror"

Is concentrating on the
acupoint the same as focusing on the
lower dantian? (Feng, 2020-11-22
20:06:58)

no

Focusing on the
dantian is a wrong
practice and can
lead to serious
health problems.

Yitian 2020-11-22 20:07:47

Some say the lower dantian
is the engine of life . (2020-11-22
20:08:22)

By focusing the gaze, listening
attentively, regulating the breath
through the nose, keeping the tongue
closed, and opening the eyes to
"observe" the breath.

His eyes drooped
more and more
spontaneously, and
his breathing
became
increasingly
shallow.

The senses also
become
increasingly
focused inward,
and then the
mind naturally
calms down.

When talking about the navel,
one will naturally be drawn in by the wind.

(2020-11-22 20:09:36)

Only at this time can cavitation occur.
The primordial Qi comes from nothingness.
Before this, your mind was focused
upwards, not downwards; your
concentration was merely in your
head.

No cavitation was formed.
Only in the instant when spirit
and qi unite can there be a qi
cavity; the teachings in popular
books are very wrong.

Yitian 2020-11-22 20:09:36

Some were taught correctly.
Before the re-emergence of the Release Law this
year, I had some contact with it, and it was similar
to what you just said. So you didn't have any
seminal leakage during puberty, right?

wind 2020-11-22 20:15:48

No leaks

The effects of Daoist
alchemy do indeed
include a state where
one's essence is full
and one no longer
desires lust.

Yida 2020-11-22 20:16:30

This is the benefit of entering the path as a virgin.
But what you're doing is

really dangerous [laughs] Wind 2020-11-22
20:17:16

Kids can't imagine the
danger [laughs] Yitian 2020-11-22
20:17:35

Without a qualified
teacher, practicing
Daoist alchemy is very
dangerous; it's not
uncommon for one to
suffer from qi
deviation or demonic
possession.

Wind 2020-11-22 20:18:04

Later I stopped practicing Daoist alchemy.
Buddhism resonates more
with me intellectually.
(2020-11-22) 20:19:13

Was the first
attainment of the first jhana in
the third year of junior high
school? (Feng, 2020-11-22
20:19:23)

Around that time

I reached the second stage of meditation after practicing for one or two
years.

Then he stopped practicing meditation and focused on
contemplating Buddhist teachings, while also exploring
other pure insight methods such as those of Goenka,
Luang Por Pamo, and Mahasi.

Yitian 2020-11-22 20:20:35

Haven't tried cultivating
superpowers? Kids are generally curious .
(2020-11-22 20:21:05)

At the same time, I also came into contact with
Northern Buddhism, including Chan, Tantric, Pure
Land, and Yogacara schools. At that time, my
curiosity about superpowers had turned into a
desire to uncover the truth.

Curiosity about absolute truth surpasses curiosity about superpowers.

Yitian 2020-11-22 20:21:53

So you started
studying philosophy? (Wind ,
2020-11-22 20:22:10)

Started studying psychology,
philosophy, physics... Yitian 2020-11-22
20:22:19

That's
fantastic! (Wind,
2020-11-22 20:22:23)

All knowledge related to
explaining the world. (Yitian,
2020-11-22 20:23:04)

My curiosity about absolute truth also surpasses my curiosity about
superpowers.

If someone tells me that passing on a spell to me
will grant me superpowers, I will investigate why
you made the most meaningful efforts during your
prime years.

Don't your parents
practice Buddhism? (Wind,
2020-11-22 20:26:01)

Not practicing
Yitian 2020-11-22 20:26:15

Do they not care about you much?

You have complete freedom; they won't
interfere with what you do? (Wind, 2020-11-22
20:26:52)

Not much to do
Because I have good grades.
Furthermore, he hasn't

picked up any bad
habits; he doesn't
smoke, fight, or date.

Yitian 2020-11-22 20:27:26

Don't they care what
books you read? (Wind, 2020-11-22
20:27:51)

I watched "The
Heaven Sword and Dragon Saber"
online and at school.
(2020-11-22 20:27:56)

[laughing out loud]

Wind 2020-11-22 20:28:01

Because I've read
too many books. (Yitian,
2020-11-22 20:28:05)

Undergrou
nd activity wind
2020-11-22 20:28:14

I also read
economics . (2020-11-22
20:28:39)

Are they super
doting on you ? (2020-11-22
20:28:55)

fine
They divorced when I
was in the second year of junior
high school. (Yitian, 2020-11-22
20:29:17)

You and
your father? (Wind,
2020-11-22 20:29:47)

I spend roughly the same
amount of time with both my
mother and father.
Yitian 2020-11-22 20:29:53

Unaffected
? (2020-11-22 20:30:04)

Basically
unaffected. (Yitian,
2020-11-22 20:31:18)

You learned music
entirely on your own? (Wind,
2020-11-22 20:31:55)

Self-study
Yitian 2020-11-22 20:32:10

Why didn't I learn the flute? In my mind, a
chivalrous hero usually has a flute. [Laughing] Wind 2020-11-22
20:32:28

I learned the
flute for a month . (Yitian
, 2020-11-22 20:32:39)

Don't
like it? (Posted by
Feng , 2020-11-22)
20:33:01

I don't think it
suits me [laughs] Yitian
2020-11-22 20:34:00

You've been on the
go the whole way,
without taking many
detours.

Wind 2020-11-22 20:35:02

Yitian ,

2020-11-22 20:35:27: There
were still quite a few
detours.

Which

ones? Wind 2020-11-22
20:35:41

Before encountering
the release method, it was all a
detour. (Yitian, 2020-11-22
20:40:03)

The experiences you've had
practicing the Release
Method over the past five
or six years, and the
problems you've
encountered, are problems
that others will also
face.

Wind 2020-11-22 20:40:31

From Larry to Haier, interspersed
with Xu Yaoren's zero-resistance
method, the initial approach using
the pipe method was quite
challenging.

After reading about "stress relief" in the book of
abundance, I understood that I also wanted to release
stress, so I let go of my efforts to suppress it, and it
went away.

Later, I saw Haier's Saint
Dona Release Method and
started using the
questioning method.
I found questions very effective, so I
abandoned the book on abundance, but
the further I read Haier's book, the
more confused I became.
So I went on to read "The Road
to Ultimate Freedom" and
"Ultimate Truth."
And two videos from Leicester

Yitian 2020-11-22 20:43:02

Didn't you read "The Road to
Ultimate Freedom" first? (Feng, 2020-11-22
20:43:15)

I saw it at first
However, I didn't
read it that
carefully at
first. Later, I
studied it
thoroughly and
became very
familiar with it.

Next, let's discuss
the methods in practice. (Yitian,
2020-11-22 20:44:07)

Haven't you pondered
"What am I?" (2020-11-22
20:44:16)

After using it, I found it to be very
similar to the Zen methods I had used
before, but its effects on me were similar
to those of "meditation".

Yida 2020-11-22 20:44:45

You've also
practiced Zen Buddhism?
(2020-11-22 20:44:53)

When I saw many people claiming to have
achieved results by asking "What am I?", I

realized that it was actually a matter of
limited desire.

It doesn't even qualify as meditation.

They simply don't understand;

they think they've sensed

their true self, or even that

they've attained

enlightenment.

Zen Buddhism and Yogacara

Buddhism are what I've been paying attention

to during my Buddhist studies. (2020-11-22

20:45:48)

Many people mistake meditative states for enlightenment.

How did you learn Zen Buddhism?

Did you contemplate "Who is reciting the

Buddha's name?"? (2020-11-22 20:48:12)

Of course it's not that casual [laughs]

I carefully traced the

origins and development of

Zen Buddhism, examining the

lineages of Linji, Caodong,

and other schools, and

studied the *Pointing at the

Moon Record* in detail.

He also studied Japanese Zen

Buddhism and D.T. Suzuki,

and then adopted the method

of studying koans.

Yitian 2020-11-22 20:50:17

Which case did

you

participate

in? I've

participated

in several.

Yitian 2020-11-22 20:50:41

Has suspicion
truly arisen? (Wind, 2020-11-22
20:50:45)

Pine and cypress trees in front of the courtyard
Neither thinking of good nor evil,
which is the true nature of the
Venerable Master Ming? There are
doubts, but none have become a
cohesive whole.

Yitian 2020-11-22

20:51:22

I don't feel anything.

Before my parents were born,
and before I recited the
Buddha's name, I felt that
the mystery of Chan
meditation lies in using
thought to stop thought, and
in the unity of stillness
and insight.

Take a break and return to the release method.

Yitian 2020-11-22 21:05:33

I found questions very effective, so I
abandoned "The Book of Abundance," but the
further I read into Haier's book, the more
confused I became.

So I went on to read "The Road
to Ultimate Freedom" and
"Ultimate Truth."

And two videos from Leicester

Here
comes the wind

2020-11-22 21:05:38

After listening to Lester's
later audio on YouTube, I
finally understood that the
release method is a complete
system, so I wanted to recreate
the original release method.

I initially wanted to find the overlap between Larry and Haier, but then I discovered that someone had uploaded a course from 1992 .

So I started the release method from 1992 .

Yi Da 2020-11-22 21:20:59

92 video I watched last year ?

Wind 2020-11-22 21:21:08

Two years ago

Yitian 2020-11-22 21:23:26

What problems did you encounter after watching 92 videos?

Wind 2020-11-22 21:30:40

stuck

There are no other problems. In theory, Lester Audio has given me a complete solution, but it often gets stuck.

And the release of

Yitian is frequently stopped.

2020-11-22 21:32:55

What's causing the problem? Haven't you already mastered the method? The problem lies in not correctly understanding the six steps.

It seems they didn't understand steps one and six correctly.

Tiancheng 2020-11-22 21:33:30

Are you currently in a state of
seedless samadhi? (Wind, 2020-11-22 21:33:36)

Yes, "Nebikapa"

Samadhi came naturally 2020-11-22

21:34:18

Is this state present every second of every 24 hours?

Wind 2020-11-22 21:34:43

Once you arrive, every action you
take will be directed towards
liberation; you will not turn
back.

This is also the state Lester described
after completing the first step of the six
steps; before that, your behavior is often
directed towards the world.

Tiancheng 2020-11-22 21:35:27

How long did it take you to release
the energy and reach this state? (Wind, 2020-11-22
21:35:27)

Therefore, it is
necessary to
consciously adjust the
continuous release for
about three weeks.

Tiancheng 2020-11-22 21:36:09

Was it a continuous release every second for three weeks?

It continued to release information for a
considerable period, then stopped, and then resumed
releasing it again. (2020-11-22 21:37:10)

There were some slight pauses in the middle.

But take a quick look at the
six steps and continue releasing Tiancheng
2020-11-22 21:37:25

So the time could
actually be shorter . (2020-11-22
21:37:29)

Yes

Wind 2020-11-22 21:43:18

The first, second,

and sixth steps
lack proper
understanding.

Yitian 2020-11-22 21:44:11

What's wrong with
the second step?
Isn't it just a
decision?

Wind 2020-11-22 21:44:57

It is the branch of discernment.
To truly achieve it is for every choice you make to tend towards
freedom.
Because if you decide to be free now, and your next
decision is to go out into the world, you will negate it.
You must fully achieve the first step before you can fully
achieve the second step.

Yitian 2020-11-22 21:47:23

Isn't that precisely the
problem with the first
step? If the first step is
fine, and the second step
is fine, how did you
overcome the first step?

Wind 2020-11-22 21:51:07

I achieved the first step by correctly practicing the six steps.
In other words, the initial six steps
are the actions you need to take.
After completing the first step, the
subsequent six steps will guide you.

Yitian 2020-11-22 21:53:12

Like a snowball

Tiancheng 2020-11-22 22:54:38

The mind cannot eliminate the mind
What does the release method

use to eliminate mental distractions?

(2020-11-22 22:57:49)

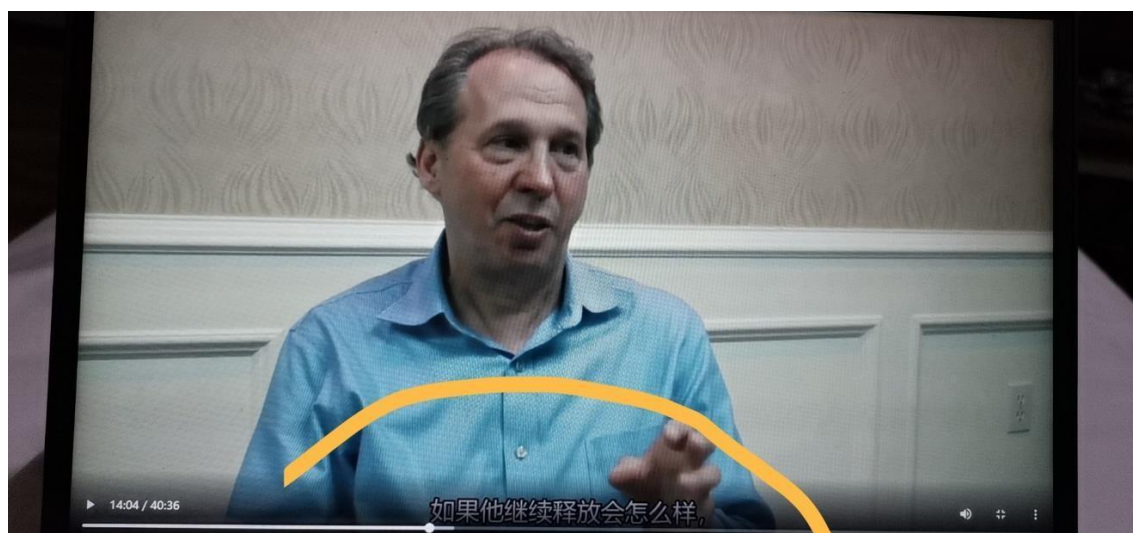
Releasing the mind onto a path
of eliminating the mind means
you cannot understand God
through concepts.

Even what one considers a "correct" view.

2020-11-24 Wind and Nature — Jivan Mukta

Tiancheng 2020-11-24 08:19:26







Did Lester Levenson (The Sedona
Method) retain any karma while he was alive?
(Feng, 2020-11-24 08:24:03)

He was retained; he was a "Jivanmukhta".

If he didn't hold back, he would
directly become Siddhartha, merging into the infinite
. (2020-11-24 08:25:08)

If he didn't hold back, would he directly become Siddhartha,
merging into the infinite, and his body instantly leave? (Feng,
2020-11-24 08:25:28)

He will be instantly
liberated from the
three bodies,
completely liberated.

The masters also used the excuse that the sole reason
for their existence in a physical body was to retain
some residual karma to return and help others.

However, one of Yogananda's female
disciples directly merged into the Infinite Heavenly
Formation. (2020-11-24 08:26:14)

Is a Jivan Mukhtar also completely
free? (2020-11-24 08:27:11)

Yes

He can decide to
leave Tiancheng at any time.
(2020-11-24 08:27:57)

If I leave, can I choose to leave with my body? (This
refers to a death without the physical body.) (2020-11-24 08:28:27)

Leaving means not
becoming any kind of
body, including causal
bodies, astral bodies,
and physical bodies, but
you can choose not to
leave.

For example, Babaji, who
is still alive today,
demonstrated the
possibility of physical
immortality.

Tiancheng 2020-11-24 08:29:32

Have you arrived at

"Jivanmukhta" yet? (2020-11-24 08:29:41)

For example, Saint

Yudiswal Tiancheng 2020-11-24

08:29:51

Is this Babaji's
mission? (Wind, 2020-11-24

08:29:52)

He arrived at one of
the advanced celestial
missions in the Astral
Realm.

I am not "Jivanmukhta".

To be precise, I have now attained the
Samadhi of "Nyabhikpa" and thus cleared
away the karma of the material world.

Tiancheng 2020-11-24 08:30:52

So, there's also the karma of the
astral body and the causal body? (Wind,
2020-11-24 08:30:56)

One must cleanse oneself until the ego is
completely eliminated before becoming a
"Jivanmukhta" .

The master's remaining karma had only one motive.

It is about helping others to be free.

Saint Yudiswar served as the
priest in Hilanloyaka, helping
the people there.

He is now using an
astral body; Jesus
uses a causal
body.

Once you are completely free, you can
choose to use any body or you can
decide to merge into the infinite.

Becoming a Siddhartha (One

Who Has Achieved Absolute Liberation) -

Tiancheng, 2020-11-24 08:33:05

becoming a Siddhartha (one who has attained
absolute liberation) also help others? (Posted by Feng on
2020-11-24 08:33:44)

That is at the level
of infinite existence . (2020-11-24
08:34:42)

If one exists infinitely, can one still use any of
their three bodies to help others? (Wind, 2020-11-24 08:35:17)

I will never come back

A person who is completely
integrated into infinity will
never return; he is
omnipresent.

Tiancheng 2020-11-24 08:35:57

Like that analogy, if you climb over the wall
and see another world, you might just jump off . (2020-11-24
08:36:01)

Um

Tiancheng 2020-11-24 08:36:36

How many personal attainments did
Siddhartha (the one who has achieved absolute
liberation) have? (2020-11-24 08:37:08)

That should be more than Jivan Mukhtar (a living liberated person).

Because most people are not inclined
to come back to help others. (Tiancheng,
2020-11-24 08:37:40)

I vaguely recall reading in Leicester's
autobiography that there were several thousand people ...

(2020-11-24 08:37:58)

Leicester's autobiography does not specify the exact number of people.
Lester only mentioned a few living,
completely free men, such as
Yogananda and Ramanamahashi.

Of course, there are also Buddha
and Jesus at the causal level . (2020-11-24
08:39:35)

A person who is completely
integrated into infinity will
never return; he is
everywhere.

So, Lester is also around me?

Have you seen the
movie *Lucy*? (Posted by Feng on
2020-11-24 08:39:40)

I watched
this movie, Tiancheng,
on November 24, 2020.
08:39:45

Does it resemble Lucy's final state?

Wind 2020-11-24 08:39:50

Lucy abroad.

This can be
interpreted as Tiancheng

2020-11-24 08:39:52

she reached 100 , her body instantly disappeared.

Wind 2020-11-24 08:39:59

However, that's
just a movie . (2020-11-24
08:40:00)

Um

Then she used
metaphors
everywhere.

Wind 2020-11-24 08:40:03

certainly
Lester Levenson (The Sedona Method) is everywhere.
Leicester's presence makes
you feel like you want to
see him sometime.
The moment that thought crossed my mind, I
immediately realized he was right beside me; he
had always been there.
When you continue to release, you will feel it.
Therefore, after Lester leaves the
body, he can better help people.

Tiancheng 2020-11-24 08:43:43

What does it mean to say that once
something merges into infinity, it will never
return? (Wind, 2020-11-24 08:43:54)

I will never return
to a body. (Tiancheng, 2020-11-24
08:44:49)

Um

It's everywhere, and it can
even be on my computer? (Feng, 2020-11-24
08:45:00)

In each atom

[smiley face]

However, this level is too
abstract for the average person. (2020-11-24
08:45:10)

Each atom

I was just about to type this sentence

OK

wind 2020-11-24 08:45:26

This is something that every
master of the past has been
saying; I'm just repeating it.

How to relieve the feeling of cold? (November 25, 2020
)

Yitian 2020-11-25 11:06

How to relieve the feeling of cold? @Wind

Wind 2020-11-25 11:07

Release your
resistance to it and feel at
ease. (2020-11-25 11:07)

Is it simply a matter of releasing one's own feelings,
without needing to specifically release the coldness in the knees?
(Yitian, 2020-11-25 11:07)

Let it be
cold? (2020-11-25 11:07)

Um
Just let go of your desire
to change. (Yitian, 2020-11-25 11:10)

Physical sensations are the result, caused by the desire to control; this
result, in turn, triggers a new desire to control, and so on in a
continuous cycle.

Is it right?

Wind 2020-11-25 11:11

The motion sensor only triggers the arm , alarm.

You set this alarm because your body
will die if it exceeds a certain high
or low temperature.

Don't resist cold and heat; embrace them, and you won't feel cold or hot
anymore.

Introduction to the Yoga System (November 25, 2020)

Wind 2020-11-25 12:21:10

The ancient sage Patanjali defined the journey to God in his Yoga Sutras or
proverbs, and scholars often refer to his books as the "Patanjali system," as if
it were just one volume. However, Parahunsa Yogananda clearly states that
Patanjali describes the essential path to seeing God, crucial for every seeker.
For example, Patanjali discusses yoga postures—one of the eight steps of
enlightenment—without mentioning Hatha Yoga's teachings, although its postures
are an important aspect of Indian spiritual science. The Hatha Yoga system is
excellent, but not universally effective or beneficial; for instance, the elderly
and those with weak constitutions cannot practice it due to their limited physical
flexibility. I have created my own system that influences spiritual attitudes

through those movements, incorporating my own doctrines, which I call "Ananda Yoga." Hatha Yoga includes Ananda Yoga, but it is fundamentally not prayer, and some sincere spiritual practitioners often overlook it.

Therefore, the postures in the eight stances of Patanjali refer only to the body being completely still, upright, and with the spine straight.

The journey he described was not merely a suggestion; rather, each stage of practice is a necessary step towards the next. For example, postures—I'm just giving one example here—are learned before one can further control internal energy. If you can sit still for three hours, it means you've advanced to that stage.

The first stage requires the right attitude, which is called external control and internal control: On the spiritual path, one must pay attention to what needs to be done and what cannot be done . Like the commandments of Moses, there are five external controls and five internal controls , for a total of ten . All ten are necessary for spiritual practitioners.

The issue isn't whether to practice or not (although practice is necessary) , but rather that one must master it. For example, as long as even the slightest intention to harm others remains , people cannot truly achieve unity of life; similarly, mere practice cannot truly achieve non-violence.

(Harmless) .

Therefore, the following points need to be achieved during the prohibition (control) phase:

1. Killing—non-violent or harmless. Here, "Patangal" does not mean not harming any living being.

The Roman Catholic Church warns people to be "cautious": because being too fixated on this principle prevents one from doing anything. Indian Jains are a prime example of this caution; they practice the eightfold precept against killing according to Patanjali's teachings, taking it to the extreme. They watch their step on the ground to avoid crushing ants and beetles; they wear masks to prevent inhaling bacteria; they boil water before drinking to ensure it doesn't kill bacteria or other microorganisms (at an individual level) when swallowing—a practice that easily becomes a source of ridicule . (One might ask, shouldn't they walk on their bellies with their faces close to the ground to avoid crushing anything? Wouldn't wearing an iron shield on their head be better, but can they guarantee there are no bacteria around the mask? Shouldn't they tell those willing to boil water for them that it would increase their negative karma? Wouldn't boiling the water themselves kill the bacteria?) My teacher once laughed at the practices of some Buddhists who justified their meat-eating by saying, "We don't kill those animals ourselves! We don't buy the meat; we have our servants buy it for us at the market."

If one is too preoccupied with worldly killing, one easily falls into sophistry . My guru explained the meaning of "Patanjali" (quoting his guru, Yudiswar) : it means relinquishing the desire to harm any living being (not simply killing) . For example, sarcasm can deeply hurt others. Even worse, the mere thought of harming others, whether physically, psychologically, or spiritually, will harm oneself, because it creates disharmony within, thus diminishing one's inner happiness. In short, one must never harm one's relationship with God, the supreme

being of the universe, as this would also damage one's innate joy, because the ultimate truth on the spiritual path is that all things that exist in reality are part of God's blessed consciousness.

If humans can take killing to its extreme, Patanjali tells us that wild animals (and similar creatures among humans) will become very docile in front of humans.

2. Satir - Truth. This trait stems from external control - an attitude that requires the practice of self-control - because if one can restrain oneself from having excessive expectations of external things, then one will naturally speak the truth. However, it is important to be clear that truth is the aspect of reality closest to cosmic harmony; in other words, truth always brings benefits.

If I visit a friend in the hospital and say, "You look terrible!" I might be telling the truth, but it could push him to the brink of death. It would be much better to say, "Oh, well, you don't look as good as before, but I think you'll recover." In other words, don't lie, but telling the truth can help others better, or at least bring you peace of mind.

There is a great difference between truth and telling the truth. The standard is not flattery or hypocrisy, but a sincere desire to be more in line with the truth of the universe.

Patanjali once said that if a person can do this to the extreme, then he can reap the rewards of his actions even if he does nothing.

3. Do not steal—do not be greedy. If you have ever possessed something that belongs to someone else, then first give it back to them from the bottom of your heart—even though...

You already have it, so give it to him without any hesitation.

Greed connects you with things, and this can also bind you, like tying a balloon to the ground. Desire easily limits you, creating self-imposed prisons.

If you excel at being free from greed, you'll find that wealth will come knocking on your door, and you'll have more than enough to live on.

4. Abstinence. Literally, abstinence primarily refers to Brahmanical teachings. If one wishes to reach higher levels of spirituality, sexual desire becomes a chain around the ankles, hindering progress, both spiritually and otherwise. Sexual desire not only traps one's energy in lower vortices, but, if one becomes deeply entrenched in them, it also greatly wastes personal energy—especially a man's. Overcoming sexual desire is like releasing an eagle to soar freely in the sky.

On the other hand, those who indulge in sex and claim to have discovered inner freedom will eventually find that this freedom is like a fish breaking free of a fisherman's net, ultimately only to fall onto the dry deck of a boat.

Patanjali said that abstinence can greatly enhance a person's physical strength, vitality, and endurance.

5. Not enslaved by things—not possessive. True inner freedom can only be experienced after overcoming attachment to anything, even one's own body. What people call property is actually nothing more than debt to themselves. One should psychologically let go at any time, like my master who immediately gave away his motorcycle to someone who liked it.

There's a great exercise in not being enslaved by material possessions that everyone can do: freely give away anything someone desires or really likes. But if it's something used in prayer—like an expensive computer—then we can say, "This isn't mine, I can't just give it to you." My approach has always been to give things away if someone wants them. If they say they want to buy it with money, I'll reply, "I'm not a businessman! I'm happy to share with you freely."

Patanjali said that achieving the ultimate state of non-attachment to material things allows one to remember their past physical body. In other words, if a person is no longer attached to their body, they will see the path of their next incarnation.

five aspects of inner control, or what "needs to be done" on the spiritual path:

1. Cleanliness—purity. Physical cleanliness helps us transcend bodily consciousness; mental cleanliness means not focusing on anything that allows the spirit to descend back into bodily consciousness; spiritual purification means having no distracting thoughts except for God.

Jesus Christ said, "Bless those who are pure in heart, for they will see God."

Patanjali believed that the ultimate purity brings inner freedom, and one will no longer focus on personal pleasure.

2. Contentment brings happiness. Euthystes, in the Mahabharata, calls contentment "the highest virtue." Saint Euthystes said that money "feels most comfortable in the purse." Contentment means realizing that external things cannot make you happy, but that you yourself are happiness, you yourself are blessing! Everything you need exists within yourself!

The ultimate form of contentment is feeling God's blessing in everything you do.

3. Asceticism. Asceticism means self-restraint, not self-blame or self-deprivation. (From the film "San Dianisvale," subtitles...)

The translation of asceticism as "dedication" is not entirely accurate. However, the word "spiritual practice" itself implies an upward flow of energy, which is reasonable in that sense. Everything a person does needs to guide this upward flow of energy, towards God. Extreme asceticism can generate spiritual and mental strength.

Self-focus—self-study, or introspection. Many books translate this term as "scriptural study," but this study truly helps people understand a higher level of destiny; Swa literally means the higher self. If a person can habitually analyze their own motivations, be self-consistent from the outset, and openly accept past mistakes, then they can steadily progress towards their ultimate goal. Such a person acts only to please God, not for personal gain.

Taking introspection to its extreme can give you energy, allowing you to communicate directly with those in higher realms and gain their help.

Reverence for the divine—the worship of the supreme self. The Supreme God, the God of the universe, is the true self of all things. All human actions should be conscious acts of worship, sacred offerings before the altar of supreme perfection.

Patanjali believed that if a person achieves perfect inner control, he will enter the light of ascension and feel divine love guiding him to achieve oneness with God.

Sitting posture (third level) - Posture: As I mentioned before, this involves keeping the spine straight and sitting still for a long time. Sitting posture can enhance body awareness.

Breathing Technique (Fourth Stage) - Controlling the Body's Energy. Many articles translate this term as breath control, and while breath is related to energy flow, Prana's true meaning is energy, and controlling energy requires breath regulation. The key point at this stage is that one can withdraw energy from "sensory transmission." Only at this stage can one be completely free from external interference.

Sensory Control (Level 5) - Internalization of the Mind. One must reclaim energy, as well as thoughts and attention, freeing oneself from external distractions. Only by achieving this can the ego be fully released, allowing for genuine

meditation.

Focus (Level Six) - Concentrating Attention. If a person's energy and consciousness are no longer focused on the external environment, then they can concentrate on one thing. Concentrating attention is only the beginning; then, one must devote all energy to focusing on the eight fundamental aspects of God: peace, calmness (the positive aspect of peace) , strength, light, sound, love, wisdom, and blessing.

Meditation (Seventh Stage) - One of the eight stages, steadfastly meditating on God.

Samadhi (Eighth Stage) - Oneness, concentrating body and mind into the infinite. Samadhi has two stages: Sabikarpa (Sampragyata) and Nirbikakarpa (Assampragyata) . The first stage is conditional and temporary. The ego still exists in the subconscious , and its effects remain fully realized after meditation.

Therefore, significant temptations still exist in the first stage, and practitioners cannot be satisfied with it. It's not uncommon for those who reach this stage to fall into delusion. Because of the memory of oneness with the universe, a deeper desire for self-affirmation can still lead to a resurgence of egoism, and it's easy to develop the illusion that one no longer needs help or guidance. "I am as great as the guru!" a believer might think. "I am omniscient, always right, and supreme!"

Yes, having these thoughts could certainly lead to further depravity. Focusing on the ego means turning away from God and falling into depravity.

In what ways can these teachings be integrated with Buddhist Nirvana? Nirvana is also a doctrine of Yoga. Parahonsa Yogananda believed that Nirvana is the cessation of all thoughts and feelings—truly a state of emptiness. If that emptiness can truly be attained, then boundless blessings will flow forth.

“One still cannot relax,” my guru told me, “unless you have attained Nirbi Kalpa Samadhi.”

Patanjali’s “system” is called Ashtanga in Sanskrit, which literally means “eight limbs” rather than “eight times,” with the suffix “anga” meaning “limb.” It’s easily understood as a progressive series. However, a deeper understanding, referring to these stages as “limbs,” better expresses its true meaning. Since we all have four limbs, these eight “limbs,” from non-violence to samadhi, are independent. Given that samadhi can only be truly achieved after complete internal and external control, ultimately achieving internal and external control also requires reaching a state of samadhi. For example, one can only truly achieve non-violence when one is truly aware of oneness with all living beings.

Similarly, if a person cannot be in harmony with universal truth, they cannot achieve authenticity.

The ultimate goal of asceticism is to require people to break free from the constraints of the body and self-awareness, a state that can only be achieved in the Nirbi Kalpa Samadhi stage.

Similarly, a person’s sense of contentment can only be solidified into a virtue when they truly achieve the highest level of happiness. Otherwise, it can only become a practice, constantly hampered by past karma.

Self-study (introspection) can also create a cloud of illusions, leaving people confused and uncertain, even making the most devout followers doubtful. But sometimes, it is the best course of action.

Similarly, in terms of internal and external control, one must perfect the postures, breathing techniques, and other methods; without mastering the breathing techniques, one cannot master the postures; and without higher-level assistance, the breathing techniques cannot be truly mastered.

If one cannot grasp that nothing can ultimately be “achieved,” then the eight “limbs” cannot truly be realized: we are already infinitely close to perfection. We only need to know what we have always possessed, though we have forgotten it: we have forgotten that “Angas” is omnipresent and omniscient, we have forgotten the once supremely perfect and blissful new state: Satdan Anda. Apart from these, no other reality exists!

wind:

The breathing technique here, I know, is better translated as adjusting Prana.
prana— yama

wind:

第一阶，外部控制
第二阶，内部控制
第三阶，坐姿（脊柱从身体压力中解放出来）

第四阶，调整普拉那

第五阶，感官控制

第六阶，专注

第七阶，禅定

第八阶，三摩地（有种子三摩地、「涅比卡帕」三摩地）

On November 26, 2020, I felt that having to take action was a limitation.

Chloë 2020-11-26 07:26:12

The goals section includes an "Actions " column.

(2020-11-26 07:26:12)

Give me some confidence

Well, she had to go out and look for a job, she had to go to an agent, she just couldn't sit down and wait.

Q: She has to go out and find a job, go to an employment agency; she can't just sit around waiting to die.

Lester: I say all she had to do was to let go and be herself. Then even if she locked herself in a chamber somewhere the things would have come to her. You don't sit down and wait, you don't do anything. Just let go of the sense of doer ship. You just know that everything is perfect and then the slightest thought you have will quickly come into being. There's no Limitations on God, the Self. Whatever You thought, would have to come into being if you let go, because you're invoking your infinite power, your Self. Nothing can stop it!

A: I would say that what she really needs to do is let go and be herself. Even if she's locked in a room, what she wants will come automatically. Don't wait, don't do anything else, just release the feeling of wanting to be. You already know that everything is perfect, so even the smallest thought will come true. God is infinite, and the true self is infinite. If you release, whatever you think will come true because you activate your infinite power, your true self. Nothing can stop it!

But at the same time you have to struggle to get some action.

Q: But at the same time, you also need to take action.

Lester: No, I said just the opposite, I say lock yourself in a chamber and padlock the outside of it and if you do What I'm saying you'll find that it will be effected. It has to be. Nothing can stop it! Omnipotence is invoked!

A: No, I said the exact opposite. I said lock yourself inside a room and put a lock on the outside. If you do as I say, you'll find it works, and it will. Nothing can stop it, because omnipotence has been activated!

Chloë 2020-11-26 07:32:25

The exercise book has an
"Action" section, and I
thought actions were one
part of it.

wind 2020-11-26 07:33:00

That's the action you
think you need to take.
For example, if you feel
you must exercise to
lose weight, you write
it on your to-do list
and then release it.
After the release, you might exercise,
or you might not feel the need to
exercise because you feel restricted
by it.
It can also be released

2020-11-26 Wind and Sky – How to break through a stuck
program?

Tiancheng 2020-11-26 16:32:29

Wind, how did you break
through the program's
deadlock? I've found myself
stuck for the past few days.
I've been staying in

the hotel all week. (2020-11-26
16:32:33)

When it gets stuck, it's a
sign that you're trying to control
Tiancheng (2020-11-26 16:33:26).

From Monday
until now, 2020-11-26
16:33:27

However, one
point should be noted
(Tiancheng, 2020-11-26
16:33:38)

I used the
fifth step of the wind
2020-11-26 16:33:38

Your karma will
drive your actions ,
therefore you will
do other things.

Tiancheng 2020-11-26 16:33:48

right

Wind 2020-11-26 16:33:53

At this point, you'll find that whatever you do, as long
as you let go, you'll be more adept and natural. (2020-11-26 16:33:57)

I'll do it for a
bit, then check my phone.
(2020-11-26 16:34:03)

Paying attention to this
will help you unleash your natural
talents. (2020-11-26 16:34:08)

Or, go out for a
meal . (2020-11-26 16:34:13)

Therefore, Lester did not
advise people to go into
seclusion; he let his students
learn through action.

Tiancheng 2020-11-26 16:34:42

What does it mean to do it in action?

Is it about doing things while
simultaneously releasing pent-up emotions?
(Wind, 2020-11-26 16:35:11)

Therefore, there are no obstacles in action itself; the obstacles are
identification with the limited body and mind, identification with the ego. If you
try not to act, you will not succeed, because your karma is currently driving you
to act. So if you try not to act, you will not succeed; whatever your karma is,
you will act. Therefore, trying to do nothing is useless; only release is useful.
Only release will give you all the paths; the faster you act, the faster it comes.
Therefore, action is less of an obstacle and more of a help, because when you act,
you are driven by feelings, and those feelings bring even more feelings as you
act, allowing you to release all those feelings. Therefore, you must act in this
world; you must be in action.

You can't do things in isolation from the world. When you isolate yourself, you're
just running away.

This is the way²

If you force yourself into seclusion, your mind will tend towards
escapism.

Because it seems like you're saying,
"Get ready, I'm about to release you,"
there's really no need for that.

You can
release it
easily.

Continuous release does not
require avoiding action at the operational
level . (2020-11-26 16:36:29)

Um

Wind 2020-11-26 16:37:13

As long as you have something
you want to achieve, you will find your
goal . (2020-11-26 16:37:19)

However, I found that
successful releases were rare .
(2020-11-26 16:37:23)

You can then maintain
the motivation to

release the blockage,
and you can use step
five.

Tiancheng 2020-11-26 16:37:44

Feeling like
the wind is constantly
stuck. 2020-11-26 16:37:54

That is, when you
continuously try to
control something,
it's actually a good
thing if you often get
stuck, because it
means your control
program is surfacing.

Tiancheng 2020-11-26 16:38:15

How did you break
through this stage? Yes.

Wind 2020-11-26 16:38:25

Each time you release the control you want
while stuck, you release some of the tension. (Tiancheng
2020-11-26 16:38:31)

I could clearly feel that I
was trying to control my
emotions, especially my anger.

wind 2020-11-26 16:38:48

This phase will be much better after you completely overcome AGF .

lap will be much smoother.

Anger can also cause you to get stuck, but you have the energy to deal with it.

Tiancheng 2020-11-26 16:39:37

Yes, I remember you shared something in the group in September.

Was there a period during which I
was stuck and couldn't even release
anything?

Wind 2020-11-26 16:40:20

have

Tiancheng 2020-11-26 16:40:38

How did they
achieve that breakthrough?

(2020-11-26 16:40:38)

When you feel frustrated, it's
very difficult . (2020-11-26 16:40:45)

right

Wind 2020-11-26 16:40:45

You must consciously
decide to release.

At the same time,
notice your desire to
control and release
your resistance and
reluctance.

Tiancheng 2020-11-26 16:41:22

Is releasing desire the way to
release resistance and resentment?

(2020-11-26 16:41:26)

Um

This stage is very difficult; I
know that. (Tiancheng, 2020-11-26 16:41:47)

Yes

Wind 2020-11-26 16:41:49

Because it
would conflict with the
release of Tiancheng

2020-11-26 16:41:57

I'm at a higher level

now than before, but I
know there's still a lot
of pain to come.

But I feel stuck and
frustrated . (2020-11-26 16:42:52)

Um

Tiancheng 2020-11-26 16:43:08

Did you break through the program's bottleneck during
your first seclusion, which was in October? (Wind, 2020-11-26
16:43:10)

First, you need to be
clear about what kind of freedom you
want . (2020-11-26 16:43:16)

Um

Wind 2020-11-26 16:43:24

Then you need to keep deciding to release.

Only release the outermost layer
After the most superficial release is
achieved, another decision is made to
release the most superficial release,
and this process is continued through a
series of decisions to release the most
superficial release.

Tiancheng 2020-11-26 16:44:32

Could you tell me about
the six steps? (Wind, 2020-11-26
16:44:33)

When you get stuck again and again, you
release what you're trying to control. What
I'm talking about is the six-step process.
Each release should make you
feel more joyful and relaxed;
this is the application of the
six steps.
When you attain "Nabhikpa" Samadhi, the first
step of the six steps will be fully
accomplished.
Completely achieving the first
step will cause you to fall into
the latter five steps
spontaneously.
Therefore, there's no need
to go into detail about this
point. Before that, you need
to continuously verify the
six steps to ensure you're
on your way to the first
step.

Tiancheng 2020-11-26 16:46:43

Before reaching the Samadhi of "Nabhikapa"
We all need to keep working
hard and can't relax, right? (Wind,
2020-11-26 16:47:42)

Yes

relax until one reaches the Samadhi of "Nabikkapa".

(2020-11-26 16:49:04)

So what I need to do now is to
continuously release the stuck program wind.

(2020-11-26 16:49:20)

But don't try to release
all of Tiancheng's energy at once.

(2020-11-26 16:49:29)

I have this
tendency . (2020-11-26

16:49:32)

You need to release the most superficial

The feeling will be

even better after

one release. If you

release again, the

feeling will be even

better.

Doing this patiently will quickly clear
out the program that's causing the problem. (Tiancheng,
2020-11-26 16:50:27)

Um

When we get stuck, I even wonder if I'm going through a phase of
releasing my emotions [facepalm]

When we get stuck, I even wonder if I need to go through a phase of releasing my emotions.

[Facepalm]

Wind 2020-11-26 16:51:13

Haha, don't easily regress to your old ways. (Tiancheng, 2020-11-26 16:51:21)

Your mind will say you haven't experienced enough emotional release. (2020-11-26 16:51:35)

The six steps won't take you back; all the answers are in the six steps.

Tiancheng 2020-11-26 16:51:50

I used emotional release to pull myself out of utter despair, and then I didn't want to use emotional release anymore.

I tried to release my desires, but I found myself constantly getting stuck. The answer to everything lies in these six steps.

OK

Then I'm determined to release the stuck program.

Wind 2020-11-26 16:53:03

If you deviate from the six steps, don't trust anyone. Even if Lester appears before you, it might be an imposter. But the six steps are the perfect sequence.

Tiancheng 2020-11-26 16:53:31

Oh, I see.

Wind 2020-11-26 16:53:39

Lester

Levenson (The Sedona Method) mentioned

Tiancheng on 2020-11-26

16:54:10

What was
mentioned? (Wind,
2020-11-26 16:54:28)

Do you know what I'm saying? Even if an angel tells you something, if it's not in accordance with Truth, reject it, because there are so many high appearing beings that look like gods that you can be very easily fooled, until you know the Truth. Truth is the same throughout from infinity to infinity.

Do you understand what I mean? Even if an angel tells you, if what they say contradicts the truth, refuse to believe it, because you can easily be fooled by many high-ranking beings who appear to be God, unless you know the truth. Truth is the same everywhere. Truth permeates the entire universe.

Wind 2020-11-26 16:54:47

High spirits impersonate God and masters to fool humanity.

So even if a "Leicester" appears in front of you and asks you to tell you about violating the six steps, you shouldn't.

letter

Just keep implementing
the six steps. (Tiancheng,
2020-11-26 16:55:37)

Does "high spirits" refer to beings
in the astral world and the causal world? (Feng,
2020-11-26 16:55:42)

Um
Tiancheng 2020-11-26 16:56:40

Awesome!
Wind 2020-11-26 16:57:43

Therefore, just follow
these six steps. (Tiancheng,
2020-11-26 16:57:51)
good

2020-11-26 Wind and Nature—A Further Discussion of Kriya Yoga

Tiancheng 2020-11-26 17:00:23
Last time you said you knew 112 ways to achieve freedom.
Wind 2020-11-26 17:00:29

Um
Tiancheng 2020-11-26 17:00:46
Before the release method, Kriya
Yoga was the fastest wind. (2020-11-26
17:00:47)

I taught some of my relatives who didn't
accept the release method. (Kriya Yoga, 2020-11-26
17:01:12)

I've always wanted to know what
Kriya Yoga is all about. (2020-11-26 17:01:23)
[Group chat history] Chat history from November 16, 2020 , at the beginning.

【
Wind: I can teach you techniques, but I'm
not qualified to pass on my magic. Wind:
Mouth

Wind: You shouldn't use it. If one day your
family and friends don't accept the release
method, you can teach them...

】
Tiancheng 2020-11-26 17:02:48
Feels very
complicated .

(2020-11-26 17:03:36)

Therefore, the
need to
transmit the
Dharma is just
an
introduction.

Moreover, the
release method is faster .

(2020-11-26 17:03:49)

Moreover, the
release method is faster .

(2020-11-26 17:03:53)

How long did it take Yogananda's female disciple to
practice this method and integrate it into the infinite? (Wind,

2020-11-26 17:03:53)

Much faster

Wind 2020-11-26 17:04:19

According to Kliananda, she also spent
many years ... (2020-11-26 17:04:54)

Today I finally learned
about Kriya Yoga . (2020-11-26
17:04:59)

Ha ha

How did you learn about
these methods? (Wind, 2020-11-26
17:05:27)

Yogananda also invented an energizing
practice in conjunction with Kriya Yoga. (2020-11-26
17:05:36)

Although Kriya Yoga
is not publicly
taught , its
energy-concentration
practices are.

I learned these methods from Samadhi.

Tiancheng 2020-11-26 17:06:01

Just know?
(Wind, 2020-11-26
17:06:06)

Then, guided by inner principles, find
suitable classical language to express it. (2020-11-26
17:06:12)

Yes, the method
directly revealed all
112 entries.

Tiancheng 2020-11-26 17:06:26

So, does this mean a master
knows all the methods? (Feng, 2020-11-26
17:06:37)

Yes, the master is
all-knowing,
all-powerful, and
all-encompassing.

Tiancheng 2020-11-26 17:07:14

Were the teachings of Buddha and Jesus the fastest
methods available at their time? (Tiancheng, 2020-11-26 17:07:21)

Regarding

the prevailing
sentiment at the time
(2020-11-26 17:07:25)

Yes, the method best suited
to the characteristics of humans at that
time . (2020-11-26 17:07:42)

So, are their methods no longer
suitable for the modern era? (Wind, 2020-11-26
17:07:59)

If you use their methods, you cannot
quickly achieve what Bai Youtiancheng did in this
modern era. (2020-11-26 17:08:12)

Um
Wind 2020-11-26 17:08:23

Humans will have
evolved and
better methods
in 70 years.

Because at that time, humans were able
to sense the subtle, innate nature of creation .
(2020-11-26 17:08:45)

you know all 112 methods, including those that will be better 70 years from now?

Wind 2020-11-26 17:08:47

To have direct access to God's thoughts and life particles —well, those 112 are all the possible pathways.

Tiancheng 2020-11-26 17:09:59

Talking with you has helped me feel better. (Tiancheng, 2020-11-26 17:10:15)

I know this is more than just intellectual satisfaction .

(2020-11-26 17:10:26)

Release will lead to better and more sustained release

Tiancheng 2020-11-26 17:10:31

Um

Ramana Mahasthamaprapta said that everything is predetermined? What did he mean by that?

Is it karma

pulling us together?

(2020-11-26 17:11:49)

In what context did he say this? (Tiancheng, 2020-11-26 17:14:33)

[Labor Day Special Issue] Three Stories by Mahasi: Work and...



[劳动节特刊] 马哈希三则：工作...

天成 17:14:44
妙高峰上> ...

问：工作占用了我最好的时间和精力，我常感到累得无法专注念神。

马哈希：“我在工作”的感觉就是障碍。去问“工作的是谁？”不要忘了“我是谁？”工作不会绑住你。它会自动进行的。不要做任何努力去工作或放弃工作。你的努力就是束缚。要发生的就会发生。如果你命中注定不再

Mahash: Don't presume to be the author.

One can cultivate wisdom even while working.

Q: Work takes up my best time and energy, and I often feel too tired to concentrate on praying to God.

Mahash: The feeling of "I'm working" is an obstacle. Ask yourself, "Who is working?" Don't forget, "Who am I?" Work won't bind you. It will happen automatically. Don't make any effort to work or quit. Your effort is the constraint. What's meant to happen will happen. If you're destined not to work, you won't find work no matter how hard you try. If you're destined to work, you can't escape it. So entrust it to a higher power. You can't choose to abandon or retain.

Q: Will work hinder the realization of one's true nature?

Mahasi Sayadaw: No. For an enlightened being, only self-nature is reality; action is merely a phenomenon and does not affect self-nature. Even in motion, an enlightened being has no sense of being a doer. His actions are free from the influence of consciousness. He observes the actions without any attachment.

This action is without any purpose. Those who cultivate the path of wisdom can practice even while working. It may be a little difficult for beginners at the beginning, but it will soon be effective after some practice, and work will no longer be an obstacle to meditation.

Q: What kind of exercise is it?

Mahasi: Continuously search for "I," the source of this self. Find out who I am. The pure "I" is reality, the ultimate existence—awareness—great bliss. Forgetting one's true self, all misfortunes arise; if one abiding stably, then no misfortune can have any effect.

Secondly, focusing on one's true nature includes focusing on work.

Visitor: You said yesterday that when you focus on finding your "inner God," external activities will proceed automatically. The biography of Venerable Shantani recounts how he searched for God while teaching his students; he forgot where his body was but could continue chanting the deity. This makes me wonder, can we confidently let the work proceed automatically? Shouldn't we maintain some focus on the work?

Mahasi Sayadaw: Self is everything. Now I ask: "Are you separate from Self? Can work be done apart from Self? Or is the body separate from Self?" None of these can be separate from Self. Self is omnipresent. So whether you intentionally participate or not, all actions will proceed. Work will also proceed automatically. Focusing on Self includes focusing on work.

其 三 个人的做者感就如同头顶行李乘火车

访客：我是一家工程公司的合伙人。但我心思并不在此。我尝试把修行的观念带入公司的日常工作中。

马哈希：那很好。如果你向更高力量臣服，则一切无事。那个力量始终照顾着你的工作。唯独当你自认是工作者时，你才不得不去收摘行为之果了。反之，你臣服了，并承认你的个人自我只不过是更高力量的工具，那个力量就会照看你的事务及行为的结果。你不再被这些影响，工作却会不受阻碍地继续进行。无论你是否承认力量存在，事情的格局不会改变。只是见地不同了。

搭乘火车时为什么要把行李顶在头上？把行李放在头上或车厢地板上，火车都载着你和行李。把行李一直顶在头上并不会减轻火车的载重，只是徒然地累垮自己。个人在世间的做者感也是如此。

Wind 2020-11-26 17:15:11

This is actually Lester Levenson (The Sedona Method) in the Coincidentally, as mentioned in Way 2 , Lester Levenson (The Sedona Method) is quoting this very article.

Tiancheng 2020-11-26 17:15:29

I just saw this
and I felt the same way.

(2020-11-26 17:15:45)

What he meant by
destiny was karma . (2020-11-26
17:15:52)

Therefore, it is
karma that drives the wind.
(2020-11-26 17:15:56)

The karma you created before you came into this world
You cannot change it, because when you try to
change it, you create new karma . (2020-11-26 17:16:19)

Was it something I
presupposed in my mind? (Feng,
2020-11-26 17:16:27)

You can only
surpass it . (2020-11-26
17:16:37)

Isn't it said that karma can be
released? Karma is like the feeling of wind.
(2020-11-26 17:16:46)

You can release it; releasing it means transcending it.
If you want a job, what motivates you
to want it? This is also part of
karma.

Wind 2020-11-26 17:24

You can only
surpass it . (2020-11-26
17:16:37)

Isn't it said that karma can be
released? Karma is like the feeling of wind.
(2020-11-26 17:16:46)

You can release it; releasing it means transcending it.

If you want a job, what motivates you
to want it? This is also part of
karma.

Karma includes cause and effect, action and reaction.

Therefore, when you surpass it, your
motivation also changes, which is why
there are many presuppositions we don't
change.

If you retain the motivation to change it, you lack the
ability to change it; you will create new karma. If you
release the motivation to change it, you will see it as
perfect, not something to be changed, but something that
should be changed.

2020-11-26 Wind and Heaven — Fearlessness is 50% selfishness and 50 % selflessness

Tiancheng 2020-11-26 17:42:09

Before deciding to
complete the entire journey, let me
say a few words about the wind.
(2020-11-26 17:42:46)

OK

Tiancheng 2020-11-26 17:44:44

you mean that if you complete the
entire process, you will directly
enter Samadhi for 25 years , and no
one will be able to see your body?

Wind 2020-11-26 17:45:22

No, it means the body might
die and look like a dead
person.

Tiancheng 2020-11-26 17:45:47

Then he will come back to life after 25 years?

Wind 2020-11-26 17:45:50

Um

Tiancheng 2020-11-26 17:46:04

So how do you plan to
tell your family? (Feng, 2020-11-26
17:46:04)

In the highest Samadhi, the
heartbeat and breathing stop. If
I decide to finish quickly, I
won't say much; they have their
own karma to carry on.

Tiancheng 2020-11-26 17:47:03

Don't you need to
consider their feelings
either?

Wind 2020-11-26 17:47:33

It should be said that there is no need
to consider their feelings in a worldly
way in order to achieve what is most
beneficial for their growth.

Tiancheng 2020-11-26 17:48:32

If this body were to disappear within 25 years ...

Is it possible to recreate an identical body after age 25 ?

Wind 2020-11-26 17:48:59

You can try
another one. (2020-11-26
17:49:05)

Like the
resurrection trend
2020-11-26 17:49:08

You should know that
freedom means you can do
anything, so there's no
need to restrict it.

Tiancheng 2020-11-26 17:49:25

Let's try another one, is
it a different form? Any
form is fine.

Depends on
needs Tiancheng
2020-11-26 17:50:07

In other words, once you are free,
your body will die , is that right?

Wind 2020-11-26 17:50:24

Will not die
It just looks
dead, but it
won't rot; it
will stay like
this forever.

Unless someone
cremates it. (Tiancheng,
2020-11-26 17:51:02)

Do you need to find another
place to go into Samadhi? Hahaha

Wind 2020-11-26 17:51:06

Um
They'll find a place
that's hard to spot. (Tiancheng,
2020-11-26 17:51:17)

Like the Himalayas

After you're free, can you choose not to undergo 25 years of Samadhi?

Wind 2020-11-26 17:52:17

I have the ability to choose

But I have no motivation
to do that because it is
the perfect
presupposition.

Tiancheng 2020-11-26 17:53:14

Just like after gaining
freedom, can't one come back
from behind the wall to help
others?

Wind 2020-11-26 17:53:24

I will come
back in 25
years.

Tiancheng 2020-11-26 17:53:44

But 25 years is a bit long.

Wind 2020-11-26 17:54:38

I will enter Samadhi after
someone has undergone pre-flow;
at that time, he will be the one
who returns after gaining
freedom.

Tiancheng 2020-11-26 17:55:02

Could you guide me to the Samadhi of
"Nabhikpa" before continuing my journey? (2020-11-26
17:55:12)

Can

Tiancheng 2020-11-26 17:55:19

Really?

(Wind , 2020-11-26)

17:55:30

If you reach it first,
that's fine, because the
release method requires
someone to reach it.

Tiancheng 2020-11-26 17:55:52

If someone else arrives
first, you'll let me
know, right?

Wind 2020-11-26 17:56:01

Yes

Tiancheng 2020-11-26 17:56:07

That's
great. (Wind ,
2020-11-26) 17:56:09

When the time comes, if there's
anything you don't understand,
just ask him—a person who has
attained the "Nebikapa" Samadhi.

Wind 2020-11-26 17:56:37

Like Google, a cosmic entity with infinite knowledge.
, a
cosmic-level search engine,

2020-11-26 17:57:09

Has the
Omniscient One Arrived?
(2020-11-26 17:57:09)

So none of these are problems, as
long as one more person can do it.

Of course, you should
hope that person is your perfect
match. (2020-11-26 17:57:28)

I hope
Wind 2020-11-26 17:57:38

Unlike the masters who are
omniscient, they can freely access
omniscience and decide at any time
to extract knowledge from Samadhi.

Tiancheng 2020-11-26 17:57:42

I don't want to make money using the release method anymore.

Tiancheng 2020-11-26 17:57:51

I will use it to
achieve freedom. (Wind,
2020-11-26 17:57:51)

One can decide at any time to seize knowledge from Samadhi.

Tiancheng 2020-11-26 17:58:17

I previously had the idea of making money by teaching the Liberation Method.

(2020-11-26 17:58:28)

Using the release method, you can obtain more money, or you can earn something many times better than money. (Tiancheng, 2020-11-26 17:58:37)

Later I thought, Get everything by releasing only
Why bother with all this trouble when I can just
get money by releasing [the animals]? Right.

Wind 2020-11-26 17:59:00

Yes, why try to struggle?
Releasing directly is the
smart thing to do.

Tiancheng 2020-11-26 17:59:16

So now I'm a little less inclined to
share the release method; I just
want to release directly and achieve
freedom.

Tiancheng 2020-11-26 18:00:05

But if anyone wants to learn, I feel I'll share it
to the best of my ability. (2020-11-26 18:00:16)

Well, try to focus on
releasing your own emotions as much as
possible. (Tiancheng, 2020-11-26
18:00:24)

Yes.

Everyone has their
own karma . (2020-11-26 18:00:37)

Before fearlessness, sharing is
inherently accompanied by a desire for control and
validation. (2020-11-26 18:00:42)

Yes

Wind 2020-11-26 18:00:52

Fearlessness is 50%
selfishness and 50% selflessness,
an innate quality. (2020-11-26
18:00:53)

I could
clearly feel the wind.
(2020-11-26 18:01:00)

After that, you can decide
to help others, which will
promote your own liberation.

Wind 2020-11-26 18:01:24

If you're still focused on your ego at that point,
you'll stop releasing these things, as Lester has
discussed in his videos.

Wind 2020-11-26 18:01:43

But for now, the focus
should be on self-release. (Tiancheng,
2020-11-26 18:01:56)

What does it mean to stare at one's own self-awareness?

Wind 2020-11-26 18:03:05

This is the
translation of the
Bilibili video
"The Tree in My
Dreams".

Tiancheng 2020-11-26 18:05:16

Do you
have a link? (Posted by
Feng, 2020-11-26
18:05:46)

A compilation of videos showing
Mr. Fareast being released in St.
Donatello. (Fourth video)

Tiancheng 2020-11-26 18:05:56

Thanks.

2020-11-26 Wind and Nature — Through release, one has the
ability to change the body.

Tiancheng 2020-11-26 17:18:54

My neck is crooked
. (2020-11-26 17:19:18)

So first, you need to prove to yourself that
you have the ability to change your body . (2020-11-26
17:19:20)

I always thought I had the
motivation to change. (2020-11-26
17:19:21)

By releasing

Tiancheng 2020-11-26 17:19:41

These past two days,
I've been focusing on
releasing and
controlling my urges
while looking in the
mirror, and these
feelings have become
particularly strong.

Can I correct my neck by
releasing it? (Posted by Feng,
2020-11-26 17:20:22)

certainly

What is Leicester's

favorite teacher ? (2020-11-26
17:20:39)

Get everything by releasing only

Wind 2020-11-26 17:20:39

get everything by releasing only
everything means everything

Tiancheng 2020-11-26 17:21:03

Today, while I was releasing my pent-up emotions, I thought of that phrase again, and it gave me a lot of feelings.

Every impossible, no matter how impossible immediately become a possible when completely released on it

Wind 2020-11-26 17:21:25

Um

Tiancheng 2020-11-26 17:21:28

So, I decided to
verify it. (Wind, 2020-11-26
17:21:38)

Therefore, the answer to all
these questions is the same . (2020-11-26
17:21:41)

The answer is yes.

Tiancheng 2020-11-26 17:21:46

good.

Wind 2020-11-26 17:21:49

Every impossible, no matter how impossible immediately become a possible when completely released on it

Tiancheng 2020-11-26 17:22:01

Because I'm still in
a stage of doubt, I
always feel
compelled to ask
you.

Wind 2020-11-26 17:22:11

It doesn't matter

Verification

through continuous release

(2020-11-26 17:22:23)

I understand it on a mental level.

But because I didn't do it, I
didn't really believe that my
crooked neck was driven by karma?

Wind 2020-11-26 17:23:17

Yes

Everything is a
product of karma. (2020-11-26
17:23:35)

Um

Because I believe that the
body changes because of
the mind ; if the mind
changes, the body will
naturally change as well.

Wind 2020-11-26 17:24:31

That's right.

Tiancheng 2020-11-26 17:24:35

After gaining freedom, even the body can be kept immortal.

Wind 2020-11-26 17:24:45

You cannot get sick if you don't have
images of illness in your mind. (2020-11-26 17:24:49)

Then my neck should also be
able to be corrected . (2020-11-26

17:24:59)

These are currently
theoretical concepts that seem
natural to you. (2020-11-26

17:25:04)

Yes

Wind 2020-11-26 17:25:05

You need to turn
it into natural experience.
(2020-11-26 17:25:10)

I need to verify

If the master voluntarily leaves the material world, does that
mean he intentionally implanted the image of illness into his mind? (Feng,
2020-11-26 17:26:05)

no

Tiancheng 2020-11-26 17:26:21

What is
that? (2020-11-26
17:26:21)

Leaving the material
world is a decision made by nature.
(2020-11-26 17:26:44)

Will my body naturally become
ill if I decide to leave? (Wind, 2020-11-26
17:26:49)

Then undo the
whole world if you
mean being sick.
That was a deliberate
choice by the master to
include an image, such as
Lester's choice to include
cancer.

Yugananda chose to
have his heart treated .
(2020-11-26 17:27:39)

Were all choices
made by the masters themselves?
(Feng, 2020-11-26 17:27:39)
Buddha, on the other
hand, suffered from
back pain and
poisonous mushrooms

Tiancheng 2020-11-26 17:27:50

Unbelieva
ble Wind 2020-11-26
17:28:01

They chose to let their bodies
experience what they had preordained naturally.
(2020-11-26 17:28:11)

I used to think that even
masters couldn't maintain their physical
condition. (2020-11-26 17:28:16)

This is mentioned in the chapter on
the perfect body on the path to ultimate freedom.
(2020-11-26 17:28:41)

Is the principle behind the path
to ultimate freedom entirely correct? (Feng,
2020-11-26 17:28:45)

certainly

Tiancheng 2020-11-26 17:28:51

Um

Wind 2020-11-26 17:28:54

A master is 100 % correct.

If he has even 0.000001% of errors, he is
not a master . (2020-11-26 17:29:25)

Did Jesus choose the cross to
demonstrate eternal life? (Feng, 2020-11-26
17:29:34)

In order to
show
resurrection
and reveal our
true nature

Tiancheng 2020-11-26 17:30:34

OK

I practiced it using my neck.

Haha, I've always thought it was so ugly.

Go and fix it

2020-11-26 Wind and Nature — The more people learn from him, the more it proves he's not a master.

Tiancheng 2020-11-26 18:21:08

After looking at these pictures

So your only purpose in staying here now
is to help others. (2020-11-26 18:21:50)

Okay, then I went
to FreedomBorn 2020-11-26
18:21:27

Have you reached the point where you can
manifest instantly with a single thought? (Wind, 2020-11-26
18:22:40)

Yogananda said that one must liberate six others before one can be
completely liberated.

When I first entered the "Nabhikpa" samadhi, I often
unconsciously perceived that things happening around
me were also happening very quickly.

Tiancheng 2020-11-26 18:23:00

Unconsciously reading
the karma of others? (Wind,
2020-11-26 18:23:20)

I'm with my mother now, and I'm consciously
trying to slow down my thoughts .

Tiancheng 2020-11-26 18:24:18

Does the "Nebokappa" Samadhi allow
for instantaneous teleportation? (2020-11-26
18:24:33)

"Nebikapa" Samadhi is just a state.

In this state, you are fully connected to infinite consciousness.

I haven't consciously experimented with teleportation,
but I've unconsciously experienced it twice. (2020-11-26 18:25:22)

In other words, helping six people achieve liberation—does
this liberation refer to complete liberation or stream-entry? (Feng,
2020-11-26 18:25:23)

It occurred so
naturally that
it achieved
complete
liberation.

However, this refers to a "Jivanmukhta".

Tiancheng 2020-11-26 18:26:06

Lester, on the Road to Ultimate Freedom, said he went hiking with his friends, and on their way back, a teleportation occurred.

(2020-11-26 18:26:06)

A "Jivan Mukhtar" must help at least six people attain liberation before he can become Siddhartha. (2020-11-26 18:26:58)

So, Lester Levenson (The Sedona Method) has already helped six people reach Givaudan? (Wind 2020-11-26 18:27:33)

Well

, at

leas

t

Tiancheng 2020-11-26 18:27:51

Do you know who it is?

Wind 2020-11-26 18:27:57

I know a kam

Pamela and Nimala do not have
freedom; they merely mistake
the experience of oneness for
freedom.

Tiancheng 2020-11-26 18:28:45

I seem to have heard
of one of the
Nimalas.

Is it also using
the release method? (Wind,
2020-11-26 18:29:25)

"Nyima La" misunderstood
the six-step release
method he used.

Tiancheng
attended Haier's advanced
training course on November
26, 2020 at 18:29:48.

The one he went to
India with later? (Feng,
2020-11-26 18:29:48)

However, Haier hired an Indian
teacher to give a lesson, and he
left with the Indian teacher.
Abandoned the release method
He mistook the
experience of oneness
for awakening, just
like Sadhguru.

Tiancheng 2020-11-26 18:30:25

Sadhguru, are you
free? (Posted by Wind,
2020-11-26 18:30:30)

No

He took a single
experience of oneness as a natural
enlightenment. (2020-11-26 18:28:45)

Which state of oneness
experience does it
belong to? Adityashanti,

do you know?

Wind 2020-11-26 18:31:44

I've heard a bit about the Civic.

I don't pay much

attention to the

so-called masters in the

market because Yogananda

said...

He was the last guru

Therefore, it's impossible

for a general-type mentor to emerge.

(Tiancheng, 2020-11-26 18:32:29)

He was the last guru, what

does that mean? (Feng, 2020-11-26

18:32:30)

All teachers who are popular

but lack substance are fake

masters. The more people learn

from them, the more it proves

they are not masters. The era

of gurus is over.

Yogananda is the

last one . (2020-11-26

18:33:11)

Yogananda was the last one.

Then what?
What era will
it usher in? (Feng,
2020-11-26 18:33:49)
There will be awakened
people, but they will be a
very small minority.

Tiancheng 2020-11-26 18:34:16
Will Yogananda, until Lester and the
release spell appear, ever know?

Wind 2020-11-26 18:34:27
Yogananda
certainly knew
that the master
knew everything.
Yogananda died a few days before
Leicester's awakening, therefore
his students could not understand
him.

Tiancheng 2020-11-26 18:38:32
Aren't you annoyed by me
asking so many questions ?
(2020-11-26 18:38:37)
It's not annoying. I myself ask myself
these questions before reaching Samadhi. (Tiancheng,
2020-11-26 18:39:30)

Then I'll ask
you if I have any questions.
(Feng, 2020-11-26 18:39:43)

It doesn't matter
Tiancheng 2020-11-26 18:40:23
Did Yogananda know a master would
appear before he left? (Wind, 2020-11-26 18:40:42)
His mission was complete, and he chose to leave.

March 7 , 1952
Tiancheng 2020-11-26 18:40:59
Just like you need to wait for
someone to arrive before the wind blows.
(2020-11-26 18:41:11)

Lester Levenson (The Sedona Method) began exploring in January 1952
and was fully awakened in April.

Tiancheng 2020-11-26 18:41:43

Was Lester Levenson (The
Sedona Method) the fastest to awaken? (
Posted by Feng, 2020-11-26 18:41:49)

no

Tiancheng 2020-11-26 18:41:50

was completed
in three months .
(2020-11-26 18:41:57)

There have been even faster ones in history.

on November 26, 2020 , is the "Nebikapa" Samadhi.

Zhang Fei 2020-11-26 22:25:28

What is the
status of the pre-flow?
(Posted by Ruyi Tianzhen,
2020-11-26 22:38:07)

Is pre-flow
the first fruit?
(Tiancheng, 2020-11-26
22:40:35)

Pre-flow, also known as the
"Nepikapa" Samadhi wind. (2020-11-26
22:41:00)

It is indeed the first stage of
enlightenment (Sotapanna). I used a term from
the Agamas . (2020-11-26 22:41:08)

The release of the law represents the first step
towards safety. You desire freedom more than the world. (Wind,
2020-11-26 22:41:12)

Stream-enterer (Sotapanna), ...)
From this point onward, every choice you make
moves toward freedom; this is a shift
in direction, from the flow of the
ordinary to the flow of the saint.
Tiancheng 2020-11-26 22:42:07

It is fully achieved
2020-11-26 What is night for humanity is daytime for the
enlightened.

Tiancheng 2020-11-26 23:13:03

What does it mean that
night is day for the
enlightened?

Wind 2020-11-26 23:13:15

I don't sleep
The enlightened one is always awake, therefore it is daytime.
Those who are not awakened are in a
state of deep slumber, whether they sleep or not.
(2020-11-26 23:14:05)

What about the saying,
"To the enlightened one,
daytime is nighttime" ?

Wind 2020-11-26 23:14:29

What you call daytime is actually a dream.

The world you see when you open
your eyes is just a dream;
dreams are night.

Waking up to daylight

The daylight you see is
actually formed naturally during the long
night. (2020-11-26 23:17:54)

Um

2020-11-27 When you remain in "awareness" and accept
everything, you have actually stopped releasing. Two
interpretations of Samadhi

On November 27, 2020 08:27:44

Hello

Teacher

Feng, I

would like

to ask you

for

advice.

They released them.

My current feeling is
Whether it's emotions or desires, all
feelings can be automatically released
through "allowing and accepting."

Whatever the feeling, with permission
and acceptance, it quickly transforms
into a feeling of love, love for
oneself.

As I allowed myself to be allowed to,
more of my negative emotions that I
had previously dared not admit
surfaced. I simply accepted them
without fighting them.

You will quickly feel relaxed and happy, and experience the love that comes from
accepting yourself.

In the process of acceptance and permission, the desire is dissolved,
because wanting is itself a form of non-acceptance and disallowance. At the level
of awareness, desire is a controlling force, while acceptance and permission are a
complete letting go.

Teacher, it seems that I'm just being aware of things and letting
them go on their own, without distinguishing between emotions and desires, and
simply releasing them. Is that right, teacher?

Thanks

Wind 2020-11-27 08:32:49

Allowing feelings to arise and depart is indeed a simple description
of the release process.

Therefore, in terms of methodology, many
practitioners of the release method easily fall into
the trap of believing that by allowing acceptance
without entering the six steps, they cannot achieve
freedom.

There is something we call
"pure awareness" present. (2020-11-27
08:35:43)

Is there an undetected control
mechanism at play? (2020-11-27 08:35:56)

Or, as Lester described in
his earlier works, the
flow of awareness —a
state of ultimate
existence.

On November 27, 2020 08:36:38

The main body,

some call it wind.

2020-11-27 08:37:00

Many descriptions

However, the process of reaching it is meticulous.

When a person attempts introspection, or simply sits quietly, it is tantamount to trying to forcibly separate the senses from the life force. Before reaching the pranayama stage, the life force flows outward, towards the senses.

Therefore, it is ineffective to try to control pure awareness with the mind before you have complete control over your life force (prana) at the physical and psychological levels.

On November 27, 2020 08:40:32

Yes, it might still be a
matter of the mind. (2020-11-27 08:40:53)

When life force flows
inward, the senses
naturally shut down; only
then can awareness become
pure.

So that one can
reach the two
stages of
Samadhi.

The six steps form a complete map, and failing to complete any one of them will leave you stuck.

When people mentally believe they are remaining in a state of "awareness" and accepting everything, they have actually stopped releasing.

put

The fourth step of continuous release was lost.

On November 27, 2020 08:44:22

How is the inward flow of life force interrupted
in the release technique? (Wind, 2020-11-27 08:44:56)

Continuously releasing the
desire for control and
identification at the causal
level because your flow towards
the senses equals your flow
towards the world.

The world = the desire to control and the desire to be recognized

If you keep releasing it, the life
force will be completely controlled
and will no longer flow outwards.

On November 27, 2020 08:46:36

How can this
situation be avoided? (Wind,
2020-11-27) 08:46:52

No changes to the process

It's just a constant release of the desire
for control and validation, and a yearning for
security. (2020-11-27 08:51:30)

If you want to control and identify with something, can you release
it without recognizing it, simply by knowing that it is a fluctuation, or is it
necessary to clearly understand what it is at a mental level?

For example, simply knowing that all feelings are
actually about wanting to survive, or the fear of survival. (Wind,
2020-11-27 08:51:59)

If you truly release at the level you
desire, you'll recognize that
initially, some mental effort will be
helpful.

Later, they recognized it directly.

On November 27, 2020 08:53:33

However, at the mental or emotional level, it can actually be traced back
directly to survival fear, at which point the concept of separate control
is still relevant.

Do they conform to the system and their identity?

Wind 2020-11-27 08:54:07

If you feel the urge to survive, then
release that urge, making each release
feel like the first time.

Release only what
you are currently aware of .

(2020-11-27 09:01:19)

For example, fear can be released directly.

But you can also try to think about survival. If you don't think
about survival, and just release your fear, then it's best to think
about survival, right?

Wind 2020-11-27 09:02:15

Yes, once you trace your thoughts back upwards, you
can access that desire to survive, and the release will be more
profound . (2020-11-27 09:02:25)

Yes

I would also like to ask you some more questions

Why am I not experiencing significant changes in energy? Also, I feel that
focusing my attention on my abdomen...

(Internal, not physical) I feel more stable. Is this feeling correct? In other
words, can I focus my attention on my abdomen to make my energy as stable and
complete as possible?

Focusing my attention on my abdomen felt like
straightening my spine, allowing for smoother airflow.

(2020-11-27 09:07:09)

Releasing doesn't actually
require a fixed posture;
focusing your attention on
the center of sensation is
correct.

On November 27, 2020 09:08:48

Is there a difference in the center of sensation
between individuals? For example, some people feel it in their
chest, while others feel it more in their abdomen. (2020-11-27
09:10:41)

That won't happen.
The design of the body is consistent.
The chest and abdomen area
refers to the large area of
the chest and abdomen, which
is the heart chakra in yoga.

On November 27, 2020 09:11:34

I thought it was the heart chakra, solar plexus chakra, and navel
chakra.

However, the solar plexus chakra and navel
chakra are also affected by emotions, desires, and the
associated feelings. (2020-11-27 09:13:50)

Q: I used to focus on the area between my eyes, but now I've shifted my focus to
the heart chakra.

Lester: The heart is a good place because it is the center of feeling and feeling
is closer to the Self than thought. It depends on your background. If you're a
vichara jnani, it'll be the heart, but not on the
left side, on the right side. If you're a raja yogi it'll be between the eyes.
When I did my concentrating it wasn't on any location; it was on wanting to have
the answer.

Concentrate on seeking the answer.

The chakra is a good location because it's the center of sensation, and sensation
is closer to the true self than thoughts. It depends on which one you're
practicing. If you're practicing vichara jnani, it's in the heart chakra, but on
the right, not the left. If you're practicing raja... Yogi, that was between my
eyes. I wasn't focused on anything in particular at the time; I was just trying to
find the answer. I was focused on searching for the answer.

This is Lester's explanation of the sensory
center in "The Ultimate Freedom," which
clearly states that it is the heart chakra.

On November 27, 2020 09:16:43

Yes, I forgot. I just thought it was a response to meditation.

When you enter Samadhi, it should be a very deep state of tranquility, which can be achieved simply by releasing it anytime and anywhere in daily life.

Has it
been
achieved?

It is still necessary to have a certain period of quiet and concentrated release before it is possible to enter.

Wind 2020-11-27 09:19:32

There are two kinds of Samadhi.

There are two types
of samadhi: one with
seeds and the other
without.

When you reach the seedless samadhi, you can enter it at any time, because as a prerequisite, the life force of body and mind has been completely controlled.

On November 27, 2020 09:20:27

Could you
elaborate? (Wind, 2020-11-27
09:20:28)

One decision is all it takes to enter

I attained the Samadhi of
the seed very early on; it
suppressed my afflictions
when I practiced Pa Auk
meditation in high school.

The "Nyabhikāpā" samadhi described in yoga science is
a stage of transformation similar to the stream-entry
stage described by the Buddha.

The shift in the flow of life

In Leicester's case, it was the first step that was completely achieved.
From this point on, every choice you
make will naturally lead you toward
freedom. Only then will you move from
the stream of ordinary people to the
stream of saints, and never regress
again.

Only freedom is the

direction one can go . (2020-11-27
09:26:04)

How can we achieve
the first step?
It's a matter of
will.

The result of
the release (2020-11-27
09:26:20)

It is the result of continuously implementing the six steps.

This can be achieved through the
A guide within the "way" section is present.
(2020-11-27 09:26:42)

Which one?

Wind 2020-11-27 09:26:57

For example, obtaining everything you want through release.
When you do this, you will gradually discover that
what you are looking for in everything is happiness,
and the only source of happiness is a quiet mind,
allowing the infinite to reveal more. Therefore, you
will become more and more free.

Until you fully experience the sole source of happiness
At this point, you will naturally
abandon attempts in other
directions and concentrate all

your energy on one direction.

Only one goal

remains:

freedom.

This completely

achieves the goal of

naturally falling

into the next five

steps after the

first step.

At this point, you will naturally

abandon attempts in other

directions and concentrate all

your energy on one direction.

Only one goal

remains:

freedom.

This completely

achieves the goal of

naturally falling

into the next five

steps after the

first step.

On November 27, 2020 09:28:56

I tasted a little bit

Every successful release brings a sense of uplifting joy.

Isn't the Samadhi with seeds the goal

of the release practice? (Wind, 2020-11-27

09:32:33)

You may also
naturally experience
the need to keep
releasing.

On November 27, 2020 09:44:31

Thank you, teacher. I am
grateful.

November 27, 2020: Advice regarding the body and the
difference between the experience of oneness and
freedom.

What?

On November 27, 2020 09:36:54

I would also
like to ask
teacher
Yugananda for
advice.

He places great emphasis on energy cultivation.

How does our release method achieve a rapid change in energy at the
physical level?

For example, I am in very poor health. Besides releasing
the fear and other emotions caused by this, are there
any other good suggestions regarding my health?

Wind 2020-11-27 09:37:37

The body is merely a
result of the mind's
imagery; therefore,
releasing basic desires
is the fastest way.
Lester spoke of three
levels of healing.

The fastest way is on a spiritual level, which
means knowing that your body is perfect; this
is achieved most quickly through release.

If one wants to adjust energy at the "Prana" level, it requires a long
period of arduous practice.

On November 27, 2020 09:53:22

Another question for the teacher

What is the difference between the experience of oneness and freedom?

You said Haier and others
mistook the "unified operation" experience
for a free-spirited approach. (2020-11-27
09:55:04)

The experience of oneness was very common among fellow practitioners
during my previous meditation retreats.

That's a normal experience that occurs when your life
force separates from your senses and flows inward; it's
a precursor to entering meditation.

On November 27, 2020 09:56:18

So, at this point, there might still be
unresolved desires, right? (Wind, 2020-11-27 09:56:48)

Not only that

This has not yet reached the
"Nabhikpa" samadhi; it is
merely the growth of boundless
consciousness.

The editor of Yogananda, "Lauri," is in there,
thinking he has achieved infinite wind. (2020-11-27
09:57:30)

of
self-importance has
flourished. (2020-11-27
09:57:38)

Thus sinking
Where 2020-11-27 10:01:30

you ,
teacher .

2020-11-27 If you feel good, then continue to release that good feeling.

The feeling below then emerged.

Yellow 2020-11-27 18:38:15

Teacher, I thought I had achieved peace, but later I found myself falling back down, and I didn't achieve my goal. I think I released things in the wrong way. Was I deceived by my mind? How can I make sure my sense of ease is real? How can I make sure it's not being suppressed?

Wind 2020-11-27 18:38:39

Just keep releasing.

If you feel good, then continue to release that good feeling; the underlying emotions will come out.

Yellow 2020-11-27 18:38:44

Am I just pretending to be okay?

I'm afraid of this little bit of wind.

(2020-11-27 18:38:49)

Release your
fear when you
feel scared.



2020-11-28 Wind and Heaven – The Release Ceremony directly reached "Nebikapa" level 3.

Moody

Tiancheng 2020-11-28 08:47:25

The wind, those who reach the Samadhi of "Nebikapa"
On the emotion chart, have we reached a
state of acceptance and peace? Or, in
other words, have we reached a state of
being?

Wind 2020-11-28 08:47:29

Those who reach the Samadhi of "Danebhakapa" will enter a
place like Hiranyalokha after death, where their karma in
the material world will be cleansed.
The karmic forces

remaining in the Astral Realm and the
Realm of Cause and Effect (2020-11-28
08:47:35)

Is it impossible to
enter the world of cause and
effect? (Wind, 2020-11-28
08:48:05)

Can

However, since his karma
in the astral realm has
not been cleared, he
will not return to the
material realm.

Therefore, the heavy agflap has
been removed, leaving only the
cap.

Tiancheng 2020-11-28 08:48:19

the heavy agflap the karma of the
material world? (Wind, 2020-11-28 08:48:33)

Even in the lower realms of Starlight, wars can occur.

But that was brought about by people whose karma from the remaining material world was gone.

They will also undergo a dual cycle of reincarnation in the material world and the astral world. (2020-11-28 08:48:38)

Can someone who hasn't completely cleared their material karma ascend to the astral realm? (Wind, 2020-11-28 08:48:44)

Yes

However, it is a low-level astral body.

Just as a prophet was sent to Earth to help humanity eliminate the karmic burdens of the physical body, I was appointed by God to serve as the leader of a spiritual planet. Saint Yudiswar explained. It is called "Hiranyaloka " or "the luminous spiritual planet." There, I help evolving souls eliminate their own spiritual karma, achieving liberation from the cycle of spiritual rebirth. The inhabitants of Hiranyaloka are spiritually highly evolved; all inhabitants, at the time of their final death on Earth, have reached a state of conscious separation from the body through the power of meditation. One cannot enter Hiranyaloka on Earth unless one has progressed from "Sabikkapa" Samadhi to the higher state of "Nebikapa" Samadhi (Note 1) . (Translator's note: There are different levels of the spirit world . In this chapter, we mention the first level, the ordinary spirit world; the second level, the Hiranyalok; and the third level, the world of cause and effect. All three levels are still within the cosmic world of reincarnation and relative duality (Maya), that is, in the great dream of the universe. Only when the soul completely clears away all karma in the spirit world, transcends the world of cause and effect, and unites with heaven, can it completely escape the circle of relative duality of cause and effect and reincarnation, that is, return to reality.)

The so-called karma generally includes karma from the material world (material desires) and karma from the spiritual world. Most souls on Earth reincarnate between the material world and the ordinary spiritual world; while those who have completely eliminated material karma and only retain spiritual karma will reincarnate between the spiritual world and the world of cause and effect .

The ordinary spirit world—not the more refined Hiranyalokha spirit heaven—is inhabited by millions of souls, more or less recently from Earth , including countless fairies, mermaids, fish, animals, goblins, local deities, demigods, and spirits, all residing on different spirit planets according to their karmic affiliations. Various celestial abodes or vibrational zones are provided for both benevolent and malevolent spirits. Benevolent spirits can travel freely, but malevolent spirits are confined to limited areas. Just as humans inhabit the land, insects the soil, fish the water, and birds the air, different levels of souls are assigned to zones suited to their vibrations.

Conflicts and wars occur among the angels who have been banished from other worlds to evil and fallen, as they attack each other with bombs of life particles or rays of mental incantations (Note 3). These souls reside in the darker, lower parts of the spiritual universe, striving to cleanse themselves of their evil karma.

Tiancheng 2020-11-28 08:50:10

Does "Sabikkapa" Samadhi include seed Samadhi? That is, does it still contain residual agflap ?

Wind 2020-11-28 08:50:15

Um

"Sabi Kappa" Samadhi is your continuous focus and meditation.

In the context of the eight limbs of yoga,
meditation here specifically refers to the continuous
contemplation of God. (2020-11-28 08:50:21)

How long did it take you to reach
this stage? (Posted by: Release the Wind,
2020-11-28 08:50:22)

Generally speaking, the release method
directly leads to "Nybhāvakapa" samadhi
because it is not a method for training
concentration.

Therefore, the Sabicappa stage is
generally not experienced, but there
are exceptions.

Tiancheng 2020-11-28 08:50:41

Tell me

Wind 2020-11-28 08:50:44

When you're feeling really high , it's easy for you to focus.
At that time, you only need one goal, and you may be
able to enter the "Sabi Kappa" Samadhi by simply
keeping your mind there for a period of time.

You will
experience boundless, innate
consciousness . (2020-11-28
08:51:10)

Is it the one with the
Yogananda editorial experience? (Wind,
2020-11-28 08:50:14)

At this point, one might
mistakenly believe oneself to be omniscient
and innately gifted. (2020-11-28 08:50:20)

Boundless
Consciousness Wind
2020-11-28 08:50:39

Um
Tiancheng 2020-11-28 08:50:40

What is boundless
consciousness? (Posted by
Feng, 2020-11-28 08:50:41)

You may experience the Buddhist stages of first, second,
third, and fourth dhyanas, and even the highest formless
concentration, the state of neither perception nor

non-perception.

Tiancheng 2020-11-28 08:50:49

What stage is the highest state of
being, neither perception nor non-perception?

(2020-11-28 08:51:18)

Still in the "Sabi Kappa"

Samadhi stage . (2020-11-28 08:51:40)

Um

Wind 2020-11-28 08:51:41

Samadhi with seeds

Therefore, Buddhism teaches that meditation and insight meditation are not
liberation.

Tiancheng 2020-11-28 08:52:00

Has boundless consciousness reached the
stage of "Sabi Kappa" Samadhi? (2020-11-28 08:52:14)

This is certainly not liberation.

It's just a temporary departure.

For example, the
experience of Nimala and Sadhguru on
2020-11-28 08:52:24

Um

Is boundless consciousness
also a form of oneness experience?
(Wind, 2020-11-28 08:52:30)

One concept of boundless
consciousness is called the
state of nothingness where one
experiences unity, but
sometimes this is not even
achieved. The unity
experiences people talk about
are sometimes very
superficial.

Tiancheng 2020-11-28 08:52:45

Um

I understand. Thank you.

on November 28, 2020, is to continuously identify the
sources of happiness.

Yellow 2020-11-28 11:16:12

I don't think I've reached the first step yet
[facepalm]. Can I do the later steps? [facepalm] Wind 2020-11-28
11:16:20

It doesn't matter
The first step is not
achieved by shouting
slogans, but by constantly
confirming the source of
happiness.
Therefore, you can absolutely
achieve your goal using the
release method, just don't stop.

2020-11-28 Wind and Nature — the source of
intelligence

Wind 2020-11-28 11:43:15

Three months later, I attended a metaphysical group, just two blocks away from Dr.

Sheffer's group. He would call students to the front and have them speak. The first time he called on me, I told him I didn't want to go up, so he walked past me. Then, after he stopped asking me, I realized how foolish I had been. The only reason I hadn't spoken was that the old tendencies still lingered, but their effectiveness had completely vanished. The compulsion was gone, though the tendency remained; it was like a charred rope. If you try to pick up a charred rope, it breaks. It looks like a rope, seems like a rope, but it has no strength. Seeing all this, I volunteered to go up and speak. For the first time in my life! I was there, in front of a group of about 60 people. When I got there, I was surprised I wasn't nervous. I looked at them, and they looked at me. Just as I was speaking, something else was happening behind me, "Wow!" I kept thinking. "It's so easy..."

It's easy. I never knew it was so simple!

This is the first time in my life I've
ever spoken in front of a group of
people. So, after his awakening,
Lester conducted some experiments.

He knew he was omniscient and omnipotent, and that he had
released all karma, but the ashes of the rope were still
there—residual traces.

Tiancheng 2020-11-28 11:50:33

Where is this
content located? (Wind,
2020-11-28 11:50:45)

"The Freedom to Decide"
This book was
translated by the
group leader using
a translation
tool.

Tiancheng 2020-11-28 11:51:16

Is the decision to choose
freedom what Lester Levenson (The Sedona
Method) recounted? (Wind, 2020-11-28
11:51:19)

However, this is an
audio recording of
Lester Levenson (The
Sedona Method) that was
turned into a book.

Tiancheng 2020-11-28 11:51:31

When was the
audio uploaded? (Posted by
Feng on 2020-11-28 11:51:31)

The timing
of the text
polishing is
uncertain.

I've listened
to this audio. (Tiancheng,
2020-11-28 11:51:54)

Do you have this
audio content? (Posted by Feng
on 2020-11-28 11:51:57)

On the pipeline

Tiancheng 2020-11-28 11:52:11

Is the title really
"Deciding Freedom"? (Posted by Feng,
2020-11-28 11:52:15)

no

It should be the source of intelligence

Tiancheng 2020-11-28 11:57:47

How can I find content on
YouTube? (Posted by Feng on 2020-11-28
11:58:15)

release

Besides the initial
After that, I didn't
actively seek out
content; content came to
me.

Tiancheng 2020-11-28 11:59:47

Um

2020-11-28 The Samadhi of "Nabhikpa" will not regress.

Zhang Fei, 2020-11-28 11:58:15

By continuously releasing ourselves, we achieve the "Nabhikāva"
Samadhi. Can we then continue the last five steps of the six steps in a continuous
manner until we achieve freedom? Is the "Nabhikāva" Samadhi a state that we can
enter once and then frequently enter until we can continuously abide in, or is it
a state that we enter once for an experience and then regress to?

Wind 2020-11-28 12:01:24

The Samadhi of "Nebikapa" will not regress.

"Sabi Kappa" Samadhi will
only lead to regression. (Zhang Fei,
2020-11-28 12:10:23)

Is it easier to enter the "Sabi Kappa" Samadhi? Even if you regress
once you enter, you'll also experience greater clarity and understanding , which
might accelerate the release of negative energy.

Wind 2020-11-28 12:10:57

It's possible that exposure to
boundless consciousness could foster
a stronger sense of self, like
Laurie Pratt.

Possibly
sinking into depravity.

Zhang Fei, 2020-11-28
12:11:18

To be
condemned
to ruin
from this
point on?
Aww!

Zhang Fei , 2020-11-28 12:11:50

No wonder Lester Levenson (The Sedona Method) emphasized, get high
to Release, don't stop once you've tasted the sweetness.

2020-11-28 Continuous release and blockage

Wind 2020-11-28 14:36:58

The so-called continuous release means that you release it
once, then release it again, and then release it again.
Getting stuck is the same; every time you get stuck, you
want to control it.

You release what you want to control

Treat each time you get stuck as if it were the first time and try to
release it.

If you consistently release in this way, and reach a stage where you
spend more than 50% of your time releasing, you'll find it surpasses the habit of
repression.

When it becomes your new habit, you'll find that
releasing is as natural as breathing—this "as
natural as breathing" is merely a metaphor.
It doesn't mean you
release it with your

breath, as Lester
described.

Even when you're with others, you can continuously release these feelings all day long. You've probably all experienced this constant ebb and flow of emotions. probably experienced the state where it Come up and floats out, come up and floats Out . It has to be done. Really, there's too much "garbage." Occasional release can be helpful. But if you want to release it all, a lot of release, continuous release, look at the six steps. You have to keep the release going. Keep letting it rise and go all day long. You become aware of a feeling and release it. It's a bit like you sit and watch it, watching it unfold.

come up and floats up
Float out,
float out,
float out, it
won't stop.

2020-11-28 Wind and Nature—Practical Experience of
the "Nebikapa" Samadhi

Tiancheng 2020-11-28 22:02:16

Is the wind there?

I'd like to hear your practical experience with the "Nybikapa" Samadhi.

Wind 2020-11-28 22:03:47

I only learned about this word later.

I studied Theravada and Mahayana

Buddhism for many years, and

specifically studied the Pali

Canon in order to read the Pali

Canon.

Therefore, the "Agama Sutras" were reset immediately at that time.

I have come to a deeper understanding of

the meaning of "stream-enterer" in the

Agamas.

When you have fully accomplished the first step of the

six steps, every inclination and choice leads to the

wisdom of seeing suffering freely.

This is the precursor

to achieving the first

step. You will see the

direction of the world

= pain

And the direction of freedom—infinite existence—is the only source of happiness.

You will spontaneously stop all attempts to find happiness by crashing your head against the wall in the world.

2020-11-28 Wind and Heaven – How can one quickly and empirically achieve the first step?

Tiancheng 2020-11-28 22:08:50

How can we quickly and empirically

achieve the first step, that is,

reach the pre-flow stage?

Wind 2020-11-28

22:09:14

Implement the six steps

The sixth step is the easiest to

overlook in the six steps, but it is

the key to achieving the first step.

Because you are actually seeking happiness

in the world on an experiential level, you

should practice the teaching that Lester

liked best.

get everything by releasing Only when
you desire something and achieve that
desire through release will you want
to release it even more.

Continuously confirming your gain will allow you to continuously release
[the energy/rewards].

You're still unhappy even when you see your goals being achieved one by
one.

You will then "discover" on an experiential level
that nothing can bring you immediate happiness,
and you will become aware of the only source of
happiness.

At this moment, a change in
the flow, a complete change in
the flow of life, will
immediately occur.

You've completely
reversed your
direction, and that's
the first step you've
fully
achieved—wanting
freedom more than
wanting the world.

Then, just as Lester said, they will keep falling into the last five steps.

November 28, 2020: The eight limbs of yoga go through
stages of external and internal control.

Tiancheng 2020-11-28 22:35:13

What exactly does
"controlling life force" mean? (Feng,
2020-11-28 22:37:17)
[Group chat history]

【
Wind 2020-11-28 : The eight limbs of yoga go through stages of external control and internal control.
Wind 2020-11-28 : Actually, you can use these eight limbs to judge the level of progress in all spiritual practices.
Wind 2020-11-28 : The ancient sage Patanjali defined the journey to God in his Yoga Sutras or Proverbs, and scholars usually refer to his book as Patanjali.

】
Wind 2020-11-28 22:37:31
These are the eight branches I described in detail before.
Many yoga teachers are explaining it incorrectly now.
I don't actually recommend learning so much theory, so I haven't specifically talked about these practical experiences. You'll understand them immediately when the time comes.
And you can understand any classic.
Therefore, implementing the six steps is the only key.

Edited by Omi on June 22, 2022